

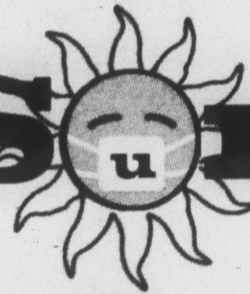


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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 52 No. 51

Thursday, September 3, 2020

\$1.50



EARLY VOTING for Tuesday's state primary election concluded last Friday - Aug. 28 - in the Great Hall of the James R. McIntyre Government Center (old City Hall) shown here. Because of the COVID-19 pandemic, the hall was used to accommodate safe distancing guidelines. Two voting kiosks were set up near the rostrum and city council seats (background). More than 10,000 Quincy voters cast ballots early for the primary election: 1,120 during early voting at North Quincy High School and the Great Hall at the McIntyre Government Center and at least 9,000 by mail as of Monday.
 Quincy Sun Photo/Robert Bosworth

Quincy Students Could Move To Hybrid Model In Phases

By SCOTT JACKSON

All Quincy Public Schools students could be learning under a hybrid model with a mix of in-person and remote classes by early November using a three-phased approach recommended by the district's re-opening task force.

Superintendent Kevin Mulvey provided an over-

view of the phased approach to the School Committee on Aug. 26. Health Commissioner Ruth Jones recommended there be three weeks between the start of each phase, based on the two-week incubation period for COVID-19.

"If you're going to see an influx of cases, you would probably start to see them

within that two-week period, probably at the end of that two-week period, because that is the incubation period," Jones said. "If you do well, then you introduce more students."

Students in grades two and up who attend in-person classes will be required to wear masks, as will teachers and other staff members. Jones said the requirement for students and staff to wear masks, as well as social distancing guidelines requiring six feet of separation, should prevent a spike in cases once schools re-open like those that have happened elsewhere in the country.

"We know in the city what we're doing is working as far as masks and social distancing and handwashing and disinfection," she said. "I think in a lot of the southern states where schools first went back and we saw a big influx of cases in these districts, it was because there were no mask orders, there

ration, should prevent a spike in cases once schools re-open like those that have happened elsewhere in the country."

Cont'd On Page 13

School Officials 'Anxious To Get Back To Normalcy'

By SCOTT JACKSON

Quincy Public Schools officials are eager to return to full in-person learning when it is safe to do so, Kevin Mulvey, the district's new superintendent, said in a recent interview.

Mulvey discussed several facets of the school system's plan for the upcoming school year in the interview,

including remote learning, afterschool offerings, and a potential daycare program for students and children of teachers.

The school year is slated to begin on Sept. 16 using a phased-in hybrid approach. Students from pre-kindergarten through grade three

Cont'd On Page 17

Early Deadline For Next Week's Sun

Because of the Labor Day holiday, there will be an early news and advertising deadline for next week's Quincy Sun.

News, church, organizations and youth sports releases, retail and classified advertising and legal

notices should be in The Sun office, 1372 Hancock St., by noon tomorrow (Friday) to assure publication in the Sept. 10th issue.

The Sun will be closed Monday, Sept. 7.

Have a nice, safe, holiday weekend.

Fewer Students May Be Bused This Year

School Committee To Consider Proposed Policy Change

By SCOTT JACKSON

The number of Quincy Public School students on buses could dramatically decrease during the upcoming school year in response to new guidance issued by the state amid the coronavirus pandemic.

A proposed policy change now pending before the School Committee - which the committee could

approve as soon as this week - would make students who live within a 2-mile radius of their school ineligible for transportation on a school bus. The district currently provides bus service to students in pre-kindergarten to grade five who reside within a 1.5-mile radius of their school.

The change would not

Cont'd On Page 13

Over 10,000 Vote Early In MA Primary

By SCOTT JACKSON

Voters throughout Massachusetts went to the polls Tuesday to cast ballot in the state's primary election.

Results for the primary were not available before The Quincy Sun went to press Tuesday evening. They will be posted online at thequincysun.com when available.

Tuesday's ballot included contested U.S. Senate races in both the Democratic and

Republican primaries. The Democratic primary also included a contested race in the eighth congressional district, which includes Quincy, and four Norfolk County races that featured eight candidates from Quincy.

Those contests, and new ways to vote in the primary, were expected to drive up turnout in Quincy, where City Clerk Nicole Crispo

Cont'd On Page 13

State Primary Election Results On Sun Website

Election results from Tuesday's state primary were not available when The Quincy Sun went to press Tuesday evening.

Results - including the Quincy vote and winners in the contested primary races - were posted on the Quincy Sun website when available.

Visit www.TheQuincySun.com for more election news. Results will also appear in print in the Sept. 10th Quincy Sun.



Bullying Children Is Never OK: Health Focus - Page 9
 ZBA Approves South Quincy Condominium - Page 11
 MA Relaxes Travel Rules For 4 States - Page 16

More Quincy news:
The Quincy Sun.com



THREE QUINCY POLICE officers were promoted at a ceremony Aug. 25 inside the first-floor meeting room of the McIntyre Government Center. The newly promoted officers are Sgt. Sean McCormack (second from left), Lt. Matthew Pantazelos (center) and Sgt. Erin King (second from right). With them are Chief Paul Keenan (far left) and Mayor Thomas Koch (far right).

Courtesy Photo

Three Police Officers Promoted

By SCOTT JACKSON

Three Quincy police officers were recently promoted at a City Hall ceremony — one to the rank of lieutenant and two to the rank of sergeant.

City Clerk Nicole Crispo swore the officers in the morning of Aug. 25 inside the first-floor meeting room of the McIntyre Government Center. Attendance at the ceremony was limited to immediate family because of the pandemic and everyone present was required to wear a mask.

The three officers promoted at the ceremony are Lt. Matthew Pantazelos, who joined the department in January 2012 and had been promoted to sergeant in December 2016; Sgt. Sean McCormack, who joined the department in January 2013; and Sgt. Erin King, who joined the department in January 2014.

"It is certainly a great day for each of you," Mayor Thomas Koch said. "A big day for you, a big day for your families, and certainly a big day for our department."

Koch said he was proud of the work done by the Quincy Police Department and called it the most professional and the best trained department in the state. He thanked the three officers for their commitment to the department and the city's residents.

"We're living in some really crazy times, as you all know, so I appreciate the incredible commitment each

of you have made to our department and to the citizens of the city. Always know that we'll have your back, because I know you have our back," the mayor said.

"Between the pandemic and the racial justice issues that have gone on nationally, who would have thought last January how crazy things would get. But the department has continued to respond — respond with compassion and professionalism."

Police Chief Paul Keenan said Pantazelos, McCormack and King represent the future of the department.

"When I look around, I see the shiny badges and the big smiles on their faces, but this is the face of the Quincy police future. They are going to be around for a long time," Keenan said.

"Combined, they probably don't have 20 years of experience, but that is a real testament to how bright and sharp they are, how well they have studied, the commitment that they have made to the Quincy Police Department — sometimes at a great sacrifice to their family time and their families."

"I think it is a tremendous day for these folks, for the families of these folks who have earned this. I look forward to working with you on the management team going forward. I know that you're going to lead the department going forward. Like the mayor said, these are challenging times, but I know you are up for the challenge."

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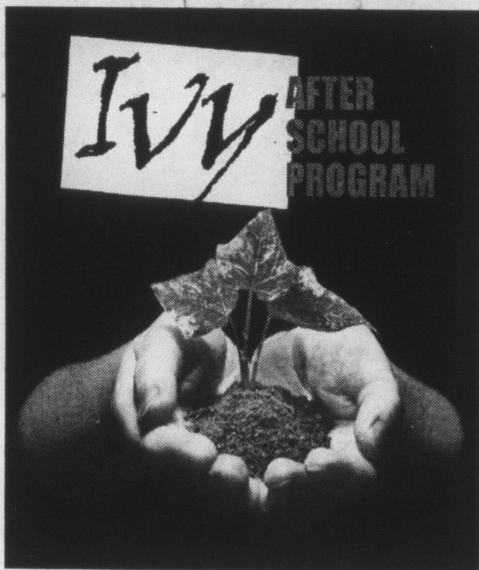
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Final Audits Approved For 4 School Projects

By SCOTT JACKSON

The Massachusetts School Building Authority has approved final audits for 13 school projects, including four in Quincy, totaling more than \$74 million.

The MSBA board approved the final audits during its meeting on Aug. 26. The final audit stage is the last step in the MSBA building process and represents the successful completion and closeout of these projects.

"Every project under-

taken by the MSBA is a step toward creating the 21st century learning environment that all Massachusetts students deserve," state Treasurer Deb Goldberg, the chairwoman of the MSBA, said in a statement. "We are delighted to have made these important investments in Massachusetts schools."

"Approval of the final audits brings these vitally-needed projects to a successful conclusion, which benefits students all across the Commonwealth," added

MSBA Executive Director Jack McCarthy.

Four of the projects took place at Quincy schools. Those schools are:

The Atherton Hough Elementary School. The project's budget was \$967,121 of which \$473,659 will be reimbursed by the state.

The Beechwood Knoll Elementary School. The project's budget was \$723,785, of which \$446,341 will be reimbursed by the state.

The Merrymount Elementary School. The project's budget was \$994,133, of which \$596,455 will be reimbursed by the state.

The Wollaston Elementary School. The project's budget was \$856,976, of which \$528,621 will be reimbursed by the state.

The Quincy projects were all part of the MSBA's accelerated repair program, which includes repairs to a school's roof, windows, doors and/or boilers.

Quincy Awarded \$104,481 Firefighters Assistance Grant

U.S. Rep. Stephen Lynch (MA-08) announces \$104,481.82 in Assistance to Firefighters Grants (AFG) was awarded to the City of Quincy Fire Department by the Federal Emergency Management Agency (FEMA) for firefighter personal escape systems and firefighter training.

"I am pleased to announce this essential, life-saving funding for the

City of Quincy," said Rep. Lynch. "These grants will help ensure our firefighters have the necessary systems and training to protect their own health and safety on the job as our country continues to battle the ongoing coronavirus pandemic.

As always, my thanks to Quincy Fire Chief Joe Jackson and our firefighters/EMS for their courageous service."



SONS OF THE American Legion, Squadron 294, Morrisette American Legion, will hold a 9-11 remembrance ceremony Friday, Sept. 11 at 10 a.m. at Flags for Veterans Island, School and Pleasant Streets, Quincy. The ceremony will mark the 19th anniversary of the Sept. 11, 2001 terrorist attacks that killed nearly 3,000 people and injured more than 25,000. The death toll included 343 firefighters and 72 law enforcement officers. The public is welcome to attend the ceremony. Those attending are asked to wear face coverings and to social distance due to the COVID-19 pandemic.

Quincy Sun File Photo/Robert Bosworth

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The Quincy Sun

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Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com

email address: thequincysun@verizon.net

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
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Moments in time

THE HISTORY CHANNEL

• On Sept. 17, 1787, the Constitution of the United States is signed by 38 of 41 delegates present at the Constitutional Convention in Philadelphia. It would not become binding until it was ratified by nine of the 13 states. Nine months later, New Hampshire became the ninth state to ratify the document.

• On Sept. 18, 1793, George Washington lays the cornerstone to the United States Capitol building. It would take nearly a century to complete, as architects came and went, the British set fire to it and it was called into use during the Civil War.

• On Sept. 16, 1893, the largest land run in history begins with more than 100,000 people pouring into the Cherokee Strip of Oklahoma to claim valuable land. Towns like Norman and Oklahoma City sprung up almost overnight.

• On Sept. 14, 1814, Francis Scott Key pens a poem that is later set to music and in 1931 becomes America's national anthem, "The Star-Spangled Banner." The poem was written after Key witnessed Fort McHenry being bombarded by the British during the War of 1812.

• On Sept. 15, 1954, the famous picture of Marilyn Monroe, laughing as her skirt is blown up by the blast from a subway vent, is shot. The scene infuriated her husband, Joe DiMaggio.

• On Sept. 19, 1969, President Richard Nixon announces the cancellation of the draft calls for November and December. He reduced the call-up by 50,000 men as part of his program of turning the war over to the South Vietnamese.

• On Sept. 20, 1973, in a highly publicized "Battle of the Sexes" tennis match, top women's player Billie Jean King, 29, beats Bobby Riggs, 55, a former No. 1 ranked men's player. Riggs had boasted that women were inferior, and that even at his age he could beat any female player. King beat Riggs 6-4, 6-3, 6-3.

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Plant-inspired baby names

Ainsley	Ilana	Sakura
Ash	Koru	Sorrel
Aster	Linden	Sylvan
Birch	Madara	Terra
Cerise	Marwa	Timothy
Clover	Orrin	Valli
Elowen	Pepper	Wilder
Florian	Reed	Yvette
Heath	Rowan	Zinnia

Source: www.house-plant-hobbyist.com
- Brenda Weaver

Wood sorrel (1902, Field Book of American Wild Flowers)

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Census Takers In Neighborhoods Conducting Non-Response Follow-Up Operations

The United States Census Bureau is actively conducting Non-Response Follow Up operations across every city, town, and municipality in the state to ensure a complete and accurate count of everyone living in the United States.

By law, the Census Bureau must provide the first results from the 2020 Census by December 31. To provide complete and accurate results by that deadline, the Bureau is doing everything it can to collect a response from every household by Sept. 30. The Bureau urges households to respond, maximizing staff and production hours, and ensuring data quality along the way.

Following Health & Safety Guidelines

To ensure safety of all employees and residents, census takers are wearing masks and following social distancing guidelines. In most cases, census workers will make up to six attempts at each address to count possible residents—this is the same number of attempts we have been planning all along.

Census takers will still visit homes during the originally planned hours—between 9 a.m. and 9 p.m., local time, including on weekends, to reach people when they are more likely at home. Census takers are also calling some households to help them respond to the census, providing one more way to count hard-to-reach communities and people who have not yet responded.

"We continue to urge households to respond through our multilingual advertising campaign and through the efforts of nearly 400,000 partner organizations. We urge everyone to respond now or when a census taker comes to your door—and to encourage everyone you know to do the same. We are even mailing an additional paper census questionnaire to many households that have not responded yet in low-responding areas," the Census Bureau said in a press release.

Identifying Census Workers

The Census Bureau is attempting to complete data collection as quickly and safely as possible, while ensuring a complete and accurate count as it strives to comply with law and statutory deadlines. Identifying a Census Bureau employee can be accomplished by checking their ID badge, which includes:

Their name
Their photograph
A Department of Commerce Watermark
An expiration date

Employees will also have an official 2020 Census bag and Census Bureau issued iPhone. If you are still unsure, you can ask the census taker for their supervisor's contact information or the phone number for the local Census Bureau regional census center. Also, census takers should NEVER ask for any of the following information:

Your Social Security number
Your bank account or credit card numbers
Anything on behalf of a political party
Money or donations

Measuring Quality of Work

The United States Census Bureau has created a group of experienced field experts to closely monitor, evaluate, and resolve quality issues. Because census takers are using mobile devices instead of paper, we have a great deal of data about how long the census takers spend interviewing each respondent and where they physically were when the interview was conducted. We are carefully monitoring this information and using it to identify outliers. Based on those outliers, we may re-interview a portion of the census takers' work to verify quality standards are met. The best way to avoid a visit from a census taker at home is to complete the 2020 Census online at www.2020census.gov.

Contract Bridge

THE BIDDING TELLS THE TALE

West dealer.
North-South vulnerable.

NORTH

♦ J 7 5 4
♥ J 9 8
♦ A 6 5
♣ 8 4 3

WEST

♦ K Q 8
♥ K Q 4
♦ 10 9 8
♣ Q 9 7 6

EAST

♦ 9 6 3 2
♥ 10 7 6 3
♦ K 4 3
♣ 5 2

SOUTH

♦ A 10
♥ A 5 2
♦ Q J 7 2
♣ A K J 10

The bidding:

West	North	East	South
1 ♣	Pass	Pass	Dble
Pass	1 ♠	Pass	2 NT
Pass	3 NT		

Opening lead — ten of diamonds.

As the play progresses, declarer's picture of how the unseen cards are distributed steadily becomes clearer. Sometimes he gains all the information he needs almost immediately, and sometimes he must wait until later in the play.

Take this deal where declarer, at trick one, learns essentially all he needs to know about West's hand. Let's say that after declarer plays low on the opening diamond lead, East wins with the king and returns a dia-

mond to dummy's ace.

It isn't difficult for declarer to conclude that West must have the K-Q of spades, K-Q of hearts and queen of clubs for his opening bid. Only 12 high-card points are missing at this point, and West must have them all.

Accordingly, declarer leads a club from dummy at trick three and finessees the jack, knowing it will lose. West wins and returns a diamond to the jack, whereupon South cashes the A-K-10 of clubs and queen of diamonds.

On the fourth diamond, West — now down to six cards — must discard a spade or a heart. Let's say he discards a spade, in which case dummy discards a spade. South then plays the ace and another spade. West wins and is forced to lead a heart from the K-Q-4.

If he leads the king, South has an easy time making a second heart trick, so let's say he returns the four instead. Ordinarily, declarer would play the eight from dummy in the hope that West had the K-10-4 or Q-10-4, but here, with the knowledge accumulated earlier, South goes up with the jack to score his ninth trick.

Sadly, many experienced declarers would fail to draw the obvious inference at trick one about the nature of West's hand. East's king-of-diamonds play clearly marks West with the five other missing honor cards, and South should shape all his subsequent plays to fit that assumption.

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by Steve Becker



1. Name the song Chic wrote after being barred from entry into Studio 54.
2. Which artist released "Soolaimon"?
3. What do these Beatles songs have in common: "Love Me Do," "Please Please Me" and "From Me to You"?
4. Which '50s group covered and released "If I Didn't Care"?
5. Name the song that contains this lyric: "And so we're running just as fast as we can, Holding on to one another's hand, Trying to get away into the night."

Answers

1. "Le Freak," in 1978. Guitarist Nile Rodgers had been invited to the club by Grace Jones. The doorman refused to let him in, hence the song, except in the original version the word wasn't "freak."
2. Neil Diamond, in 1971. The African word has multiple meanings, such as "hello" and "peace be with you."
3. They all feature John Lennon playing the harmonica.
4. The Platters. The song was written in 1939 and originally released by the Ink Spots that year.
5. "I Think We're Alone Now," by Tommy James and the Shondells, in 1967. James believed the song was the beginning of bubblegum music — fast-tempo music for children and teens.

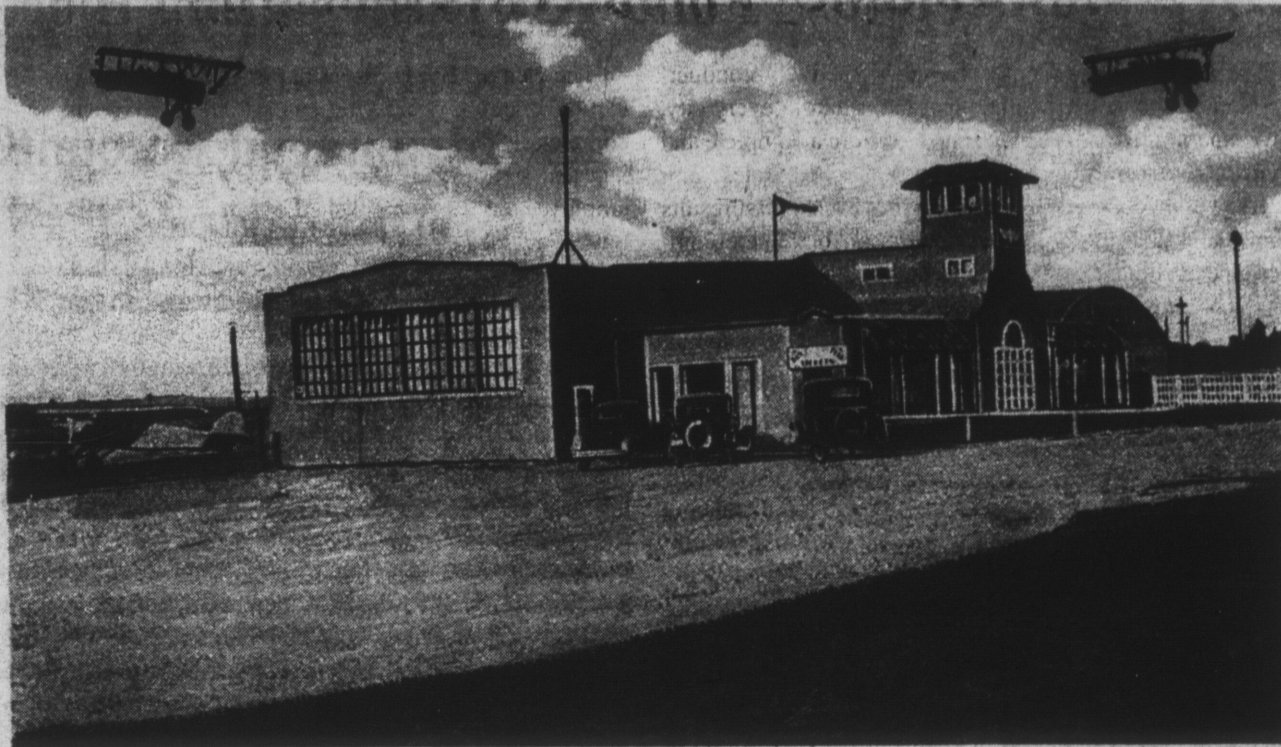
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The Spats



by Jeff Pickering

Scenes From Yesterday



THIS IS A 1930s postcard view of the Dennison Airport that was on the corner of East Squantum Street and Quincy Shore Drive in Atlantic. The corner is now the site of a Dunkin' Donuts shop. Harold Dennison, a Quincy architect and builder, built these buildings and a few dirt runways on filled marshland leased from the U.S. government in 1927. One of his financial partners was Amelia Earhart who later learned to fly here. In its heyday, the airport hosted a variety of activities includ-

ing weekly air shows, private flying clubs, and scenic passenger flights for the public. In 1941, the government took back the property to expand the adjacent Squantum Naval Air Station. Housing was later built here to serve Squantum and South Weymouth naval personnel. Today, most of this land behind the donut shop is home to The Moorings at Squantum Gardens, a 223-unit rental community for residents 55 and over.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1946
74 Years Ago

Shipbuilding In Reverse At Fore River

The number of billionaire business enterprises, which expanded during the war years has remained unchanged since the end of World War II, a study by the United Press disclosed today.

Although the number remained unchanged from a year ago at 43, there were several changes in the roster of financial, commercial and industrial giants with resources of \$1,000,000,000 or more.

Bethlehem Steel (owner of the Fore River Shipyard), Ford Motor Co., and First National Bank of New York became peacetime casualties when their total assets dropped below the billion-dollar mark.

VETERANS REPLACE 21 CITY WORKERS

Twenty-one non-veteran, temporary employees of the Quincy Public Works Department were replaced by an equal number of veterans by James P. Donovan, Commissioner of Public Works, from the Civil Service Commission in accordance with Civil Service instructions.

The 21 non-veterans losing their jobs were picked in the reverse order of their seniority while the new veteran status employees were hired for a period of six months.

QUINCYISMS

Carol Schuerch, 42 Bay View Ave, Houghs Neck, won a free theater ticket in the Misspelled Word Contest sponsored by the Capitol Theater... The Houghs Neck American Legion Post was planning a sports night. Players from the Red Sox and the Braves will be in attendance along with members of the Boston College Football squad. Vice-Commander Joseph Brophy was in charge of the event... Webster's, 1472 Hancock St., Quincy Center, was offering "First Quality. Full Fashioned Nylons for \$1"... "The Story of G.I. Joe," starring Burgess Meredith and "They Made Me A Killer," with Robert Lowry, were playing at the Adams Theater on School Street... Twin sisters, Loretta and Lorraine Praderio, of West St., West Quincy, were appearing in the Quincy Theater Guild's production of "Street of Dreams"... Quincy Rotary Club President Robert Ridder and Club Secretary Robert E. Foy, Jr., hosted Rotary District Governor Milton Burghardt on his official visit to the Quincy Rotary Club... Miss Pauline Cole, Bloomfield St., Squantum, was the ticket chairwoman for the Wollaston Assembly of Rainbow Girls semi-formal dance, "Paradise Cruise." Jimmy Rego's orchestra will play for dancing from 8 p.m. until midnight... Five members of the Papile Family became members of the George F. Bryan Post #613, VFW, due to their overseas service in World War II. They included James Papile, Ralph Papile, Angelo Papile, William Papile and Leo Papile. They were the sons of Mr. and Mrs. Ralph Papile, 10 Harkins St., Quincy Point... Richard Brooks and Robert Allan won first prizes for having the most original costumes at a field day at LaBrecque Field, sponsored by the Houghs Neck Civic and Betterment Association... Goodyear Tire, 37 Adams St., was offering "Brakes Adjusted, \$1.75"... A daughter was born at South Shore Hospital to Mr. and Mrs. Walter Vaughn, 7 Crosby St., Houghs Neck... Lincoln Stores, Hancock St., Quincy Center, was offering "Ladies Heel-Lifts-Special for 24 cents"... Golf was one of the highlights at the annual clambake and outing of the Quincy Knights of Columbus held at the South Shore Country Club, Hingham. A challenge golf match pitted Walter Erwin and Louis Hack against City Solicitor John Flavin and George Daley, Jr. The Canniff brothers, Clarence and Cliff, put on the clambake... All the best cuts of steaks for 65 cents a pound were on sale at the First National Stores... Mr. and Mrs. Carl A. Carlson, 12 Farrell St., Quincy, celebrated their wedding anniversary at a party hosted by family and friends at the Fore River Clubhouse. The Carlsons have a son and a daughter... The Rev. John Duffy, C.S.R. PhD, returned to St. Mary's College, Northeast, PA, after spending two weeks with his parents, Mr. and Mrs. Patrick Duffy, 52 Ratchford St., Houghs Neck.

Reusable Shopping Bags: Wash And Bring Them To Stores

To my fellow Quincy shoppers:

It was 10 days before a state of emergency was declared by Governor Baker. A small band of members of Quincy Climate Action Network were spending our Sunday at a Stop and Shop, handing out reusable bags. QCAN had purchased to raise awareness of the new prohibition on single-use plastic shopping bags.

Despite awareness campaigns by the city and QCAN, many people walking into the store that day were surprised that the single-use bags they were accustomed to getting were now banned by a new city ordinance. What we members of QCAN could not have known on that day was how short-lived the new policy would be. Within two weeks, we'd all be educated on social distancing, PPE, essential workers, and eventually mask-folding

techniques.

And almost immediately after that, the single-use plastic bags were back in, and reusable bags were now forbidden by the state. The state was doing what they could to reduce spread of the coronavirus, and reusable plastic bags were identified as a potential way for people to pass an infection from themselves to others at the markets.

Well, several months later, as we reopen businesses and plan a return to school, it's time to resume the switchover to reusable bags. The CDC is reporting that surface contact is not the main way this virus spreads, and the state has dropped its ban on reusable bags. Still, it is advisable to clean our reusable bags, and fortunately, it's not hard to do. You can follow the directions on your bag, if it has them. If not, here are some general cleaning guidelines:

READERS FORUM More Letters On Page 8, Page 16

canvas bags can be cleaned in the washing machine; polypropylene bags (thick reusable plastic bags) and nylon bags can be hand-washed with warm, soapy water and then hung on a line to dry; insulated bags can be wiped down with disinfecting wipes.

As of my last visit, the Stop and Shop no longer gives out single-use plastic grocery bags. Instead, any shoppers who don't bring their own reusable bags are getting paper bags. We'd like to remind you that paper bags are terrible for the environment - worse in many ways than single use plastic bags. Whenever possible, we should be using our reusable bags. Many supermarket baggers and checkers are perfectly com-

fortable with reusable bags. If you encounter one who is not, an option is to ask them to put your checked merchandise directly into the shopping cart and bag it yourself in the parking lot.

It's been a tough year, and there are several months to go. While COVID has seemingly run wild in our nation, the climate crisis continues worsening, threatening the very survival of our species. By taking the small but important step of adopting reusable shopping bags, you can make things better for our planet. So wash up those bags, bring them along with you to the store, and take another step towards the world's new normal.

Joe Murphy
Member of Quincy
Climate Action Network

Hopes City Will Save Three Shade Trees

Applause to the City of Quincy Department of Natural Resources for holding its first public hearing on proposed tree removal. Chris Hayward, our Tree Warden held a hearing on Aug. 25 to share information about three City shade trees that had been requested for removal.

I was delighted to attend and hear clear, objective information about each tree, and be given the opportunity as a concerned resident to add my opinion.

Mayor Koch will now receive the Tree Warden's recommendations and will have the final decision-making authority. As the mayor

is a strong supporter of our city's trees, I sincerely hope he will support the Depart-

ment of Natural Resources and decide to save these trees.

Anne Meyerson
North Central Avenue
Quincy

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37 Residents On Dean's List At MA College Pharmacy, Health Sciences

Thirty-seven students from Quincy are on the Dean's List for the spring semester at MCPHS University (Massachusetts College of Pharmacy and Health Sciences).

They are:

Lorrany Aguiar, pursuing a Bachelor of Science in Pre dental-Dental Hygiene. Aguiar will graduate in 2021 from the Boston campus.

Rahma Benmouffok is pursuing a Doctor of Pharmacy. Benmouffok will graduate in 2024 from the Boston campus.

Stephen Carinci is pursuing a Doctor of Pharmacy. Carinci will graduate in 2022 from the Boston campus.

Loretta Chen is pursuing a Bachelor of Science in Health Psychology, Physical Therapy Pathway. Chen will graduate in 2023 from the Boston campus.

Julie Devico is pursuing a Bachelor of Science in Premedical and Health Studies (Physician Assistant Studies). Devico will graduate in 2021 from the Boston campus.

Thao Duong is pursuing

a Bachelor of Science in Dental Hygiene. Duong will graduate in 2020 from the Boston campus.

Shara Galvani is pursuing a Bachelor of Science in Nursing. Galvani will graduate in 2022 from the Boston campus.

Kirsten Ho is pursuing a Bachelor of Science in Premedical and Health Studies (Physician Assistant Studies). Ho will graduate in 2022 from the Boston campus.

Michael Kennedy is pursuing a Bachelor of Science in Nursing. Kennedy will graduate in 2020 from the Boston campus.

Bethany La Manna is pursuing a Bachelor of Science in Nursing. La Manna will graduate in 2020 from the Boston campus.

Manching Lam is pursuing a Bachelor of Science in Pre dental-Dental Hygiene. Lam will graduate in 2021 from the Boston campus.

Crystal Le is pursuing a Bachelor of Science in Dental Hygiene. Le will graduate in 2020 from the Boston campus.

Katherine Le is pursuing

a Bachelor of Science in Premedical and Health Studies. Le will graduate in 2020 from the Boston campus.

Jessie Lei is pursuing a Bachelor of Science in Premedical and Health Studies. Lei will graduate in 2022 from the Boston, Massachusetts campus.

Jiancheng Mo is pursuing a Doctor of Pharmacy. Mo will graduate in 2022 from the Boston campus.

Brenna Murphy is pursuing a Bachelor of Science in Health Sciences, Occupational Therapy Pathway. Murphy will graduate in 2021 from the Manchester, N.H. campus.

Tuyen Nguyen is pursuing a Bachelor of Science in Pharmaceutical Sciences. Nguyen will graduate in 2021 from the Boston campus.

Cherylanne Quigley is pursuing a Bachelor of Science in Nursing. Quigley will graduate in 2020 from the Boston campus.

Soniya Rana is pursuing a Doctor of Pharmacy. Rana will graduate in 2024 from the Boston campus.

Marcella Spairani-Knauss is pursuing a Bachelor of Science in Nursing. Spairani-Knauss will graduate in 2020 from the Worcester campus.

Kevin Tran is pursuing a Doctor of Pharmacy. Tran will graduate in 2023 from the Boston campus.

Alexander Welsh is pursuing a Bachelor of Science in Radiography. Welsh will graduate in 2022 from the Boston campus.

Yashi Xu is pursuing a Bachelor of Science in Premedical and Health Studies. Xu will graduate in 2020 from the Boston campus.

Justin Le is pursuing a Bachelor of Science in Pre dental-Dental Hygiene. Le will graduate in 2021 from the Boston campus.

Xiaowen Pan is pursuing a Doctor of Pharmacy. Pan will graduate in 2025 from the Boston campus.

Jessica-Anne Phelan is pursuing a Bachelor of Science in Nursing. Phelan will graduate in 2020 from the Boston campus.

Kayla Tat is pursuing a Bachelor of Science in Public Health. Tat will graduate in 2022 from the Boston campus.

Navarat Vivutanayucun is pursuing a Bachelor of Science in Health Sciences. Vivutanayucun will graduate in 2020 from the Boston campus.

Steven Wong is pursuing a Doctor of Pharmacy. Wong will graduate in 2022 from the Boston campus.

Yu Xuan Zhu is pursuing a Doctor of Pharmacy. Zhu will graduate in 2021 from the Boston campus.

Veronica Byrne is pursuing a Doctor of Pharmacy. Byrne will graduate in 2025 from the Boston campus.

Abdelrahman Elhashash is pursuing a Bachelor of Science in Premedical and Health Studies. Elhashash will graduate in 2021 from the Boston campus.

Katherine Li is pursuing a Doctor of Pharmacy. Li will graduate in 2025 from the Boston campus.

Minhua Mei is pursuing a Doctor of Pharmacy. Mei will graduate in 2024 from the Boston campus.

Anh Duc Nguyen is pursuing a Bachelor of Science in Dental Hygiene. Nguyen will graduate in 2023 from the Boston campus.

Inderpreet Thind is pursuing a Bachelor of Science in Medical and Molecular Biology. Thind will graduate in 2021 from the Boston campus.

Michael Truong is pursuing a Doctor of Pharmacy. Truong will graduate in 2022 from the Boston campus.

Social Security Matters

Ask Rusty – Can I Hide Social Security In A Tax-Advantaged Account?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I will be 62 years of age at the end of this year. Can I start drawing my Social Security at age 62 and have it directly deposited into my IRA (arm's length), not spend it and continue to work without affecting my tax position? I will defer actually using it until a later date **Signed:** Curious Investor

Dear Curious Investor: Regardless of where you have your Social Security benefits deposited, if you continue to work after claiming early benefits, you'll be subject to Social Security's earnings test. The earnings test applies to anyone who collects benefits before they reach their full retirement age (which for you is 66 years and 8 months).

It doesn't matter if you spend your benefits, save them, or invest them; you'll still be subject to Social Security's earnings limit. And, since IRS rules say that only earned income (which excludes Social Security benefits) can be deposited into an individual retirement account (IRA), it is not possible for you to direct-deposit your Social Security benefits into an IRA. In any case, even if you otherwise save your benefits for later use; you will still be subject to Social Security's earnings limit. For 2020 the annual earnings limit is \$18,240 (the limit changes annually) and if that is exceeded, Social Security will take back benefits equal to \$1 for every \$2 you are over the limit. The earnings limit goes up by about 2.5 times in the year you reach your full retirement age (FRA) and goes away once your FRA is attained.

Social Security gets your earnings information from the IRS when you file your income taxes, and you cannot avoid the earnings test by having the money deposited for later use. The earnings test will still apply, and they will take back some of your benefits if you exceed the limit. For information, by "take back" benefits, I mean they will notify you that they have overpaid you (due to your earnings from working) and will give you the option of either paying them back in full with a lump sum payment, or they will withhold your future benefits until they recover what you owe because you exceeded the earnings limit.

As for your "tax position" on your benefits, that will depend upon your combined income from all other sources (investments, interest, pensions, earnings, etc.), plus 50% of the SS benefits you received during the tax year, plus any non-taxable interest you may have (combined this is known as your Modified Adjusted Gross Income, or "MAGI"). If you file your income taxes as a single and your MAGI is more than \$25,000 (or if you file "married-jointly and your MAGI is more than \$32,000) then 50% of your SS benefits will become part of your taxable income. And filing single with a MAGI of more than \$34,000 (or \$44,000 if married-filing jointly), up to 85% of your Social Security benefits will become part of your taxable income (by the IRS). Once again, it doesn't matter how you dispose of your benefit payments; they will still be taxable if you exceed the clip levels mentioned above, and you will still be subject to Social Security's earnings test until you reach your full retirement age.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit the website (amacfoundation.org/programs/social-security-advisory) or email ssadviser@amacfoundation.org.

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Peach Gorgonzola Appetizer: Simple Ingredients & Delicious

By MARIE

At a delightful summer luncheon hosted by my niece, Natalie, she served a delicious Peach Gorgonzola Appetizer. This is a very easy and simple recipe, that was such a hit that some of the guests went home and made it right away.

Pre-heat oven to 350 degrees

Ingredients:

4 peach halves (jarred or canned, syrup up and/or juice drained)
Gorgonzola crumbles
Walnuts (chopped: plain or candied)

Honey to taste

If you are using fresh peaches, peel the peaches and cut in half. Remove peach pit. Put the peaches in a baking pan and put cheese crumbles in the hollowed-out space. Bake at 350 degrees about 15 minutes or until cheese is melted

Take out and put chopped walnuts on top of the cheese (lightly, chopped small) Drizzle with honey

This recipe can be topped with whipped cream or vanilla ice cream, but delicious without any additional toppings.

Serves 4 (or 2, with 2 each)

Tuscan Tuna Salad

By SUSIE

Have no time to cook? Too hot outside? Want something packed with protein and healthy vegetables that will keep you satisfied?

Well, this Tuscan Tuna Salad recipe is the answer! You can add in any other vegetable that you like, such as cucumbers or red peppers. Just make a bit more of the dressing. Enjoy!!

TUSCAN TUNA SALAD

INGREDIENTS

2 (16-ounce) cans cannellini beans, rinsed and drained (I use EDEN brand since they have no BPA in the lining of the can and are easier to digest)

4 tablespoon extra-virgin olive oil
1 (12-ounce) can solid-pack white albacore tuna in water, drained and flaked (I like Wild Planet brand because they use low mercury tuna)

1/2 medium red onion, thinly sliced
1/4 cup chopped fresh basil
1 cup cherry tomatoes, cut in half
2 tablespoons fresh lemon juice
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

Directions:

Combine the beans and oil in a large bowl and mix well. Add the tuna, onions, basil, sea salt, tomatoes, lemon juice and pepper; mix well.

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Social

Healing Tree Yoga And Wellness Center, Liv Fitness Unite

Healing Tree Yoga And Wellness Center and Liv Fitness Center have united.

"I have been a yoga instructor at Healing Tree Yoga & Wellness located on 605 Hancock St. Quincy for the past 10 years," Christine Way Cotter said. "I also have been renting space there for my private practice of massage and skincare known as Skinsations Seacret garden.

"Healing Tree is a favorite destination among many in our community. A dedicated group of teachers offer a wide variety of yoga, meditation and workshops. It is a place that many people have come to call their home away from home.

"LivFitness Wellness Boutique is located at 218 Sea St. is a fitness studio specializing in small group strength training for women as well as plant based nutrition. Olivia focuses on total body wellness for the mind, body and planet. I have had the pleasure of working with Olivia, the owner of LivFit for five years, teaching yoga classes and presenting workshops. Our business relationship has also blossomed into a beautiful

friendship. Our children are in the same grade and school at Merrymount Elementary.

"Knowing the struggles each studio was facing with these COVID-19 times I had suggested to the owners of both studios to consider merging their businesses. They could help cut costs to enable them both to keep their doors open. With class numbers restricted and the studios only able to accommodate less than half their space due to COVID guidelines, it seemed like a good fit. Many fitness studios have had to close their doors.

"In unusual times we need to be creative and help one another to survive. Healing Tree has now decided to move in with LivFitness. Now two great studios will be together supporting each other under one roof. Truly, 'We are all in this Together,'" Way Cotter added.

The new location is planning to open in early September.

For more information on classes and schedules visit: Healingtreeyoga.com or Livfitness.net.

Six Residents Graduate Roger Williams University

Six Quincy residents recently earned degrees at Roger Williams University in Bristol, R.I.

They are:

Lauren Donovan graduated cum laude with a B.S. in construction management.

Alexandra Graf graduated cum laude with a B.A. in dance.

Gabriela Jerahian gradu-

ated with a B.A. in elementary education.

Anna Kiley graduated with a B.A. in elementary education - 4 + 1 in special education.

Katherine Stevenson graduated summa cum laude with a B.A. in political science.

Elise Tenney graduated with a B.S. in biology.



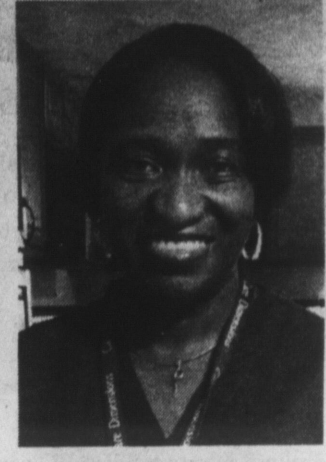
ELENA CONNELLY



JIE QUN WU



JUANA GUADALUPE MARTINEZ FLORES



MILDRED TAMBRA

Hamel-Lydon Chapel & Cremation Service Presents 2020 Compassionate Service Award

Hamel-Lydon Chapel & Cremation Service of Massachusetts appreciates the special care and dedication that firsthand healthcare workers provide for their patients and families. In the spirit of compassionate service, Hamel-Lydon is proud to honor individuals by granting the Compassionate Service Award to 10 dedicated and caring healthcare providers who applied for the award.

The 2020 Compassionate Service Award recipients and their respective organizations are Mattie Cummings of Bethany at Home in Framingham; Nicole Daly of Beth Israel Deaconess Hospital in Milton; Tammy Littleton of HopeHealth Hospice in Brockton; Jie Qun Wu of Quincy and Elena Connelly, Juana Guadalupe Martinez Flores, Dale Karen Lemure, Mildred Tamba, Veronica Torres and Claudia Vivanco of Care Dimensions in Danvers.

Each of the 10 recipients received a certificate recognizing their compassionate service and were awarded \$500 by Hamel-Lydon Chapel & Cremation Service of Massachusetts. Their respective healthcare organizations were also presented with a \$250 check in honor of each award winner.

"We are proud to honor this inaugural year's recipients and their compassionate service and dedication with this award," said Christopher P. Goulet, Sr., president



NICOLE DALY



TAMMY LITTLETON



CLAUDIA VIVANCO



DALE LEMURE



MATTIE CUMMINGS



VERONICA TORRES

of Hamel-Lydon Chapel & Cremation Service of Massachusetts. "It is humbling to receive the many applications and learn the reciprocal ways of how healthcare providers and their patients have made a difference and impact in the one another's lives. This is a special group of individuals who chose to be in the healthcare field to provide the best care for their patients and clients. Thank you for being stewards of compassionate service."

"I am incredibly proud

that six of our hospice aides have been selected for this award celebrating compassionate care, because they are the true embodiment of those words," said Patricia Ahern, president and CEO of Care Dimensions, the largest hospice provider in Massachusetts. "Especially during COVID-19, our hospice aides have gone above and beyond to continue to provide care to patients in their homes, skilled nursing facilities, and assisted living communities. They have been on the front lines in the

community, providing critical care and helping patients and families feel less alone and isolated. I am immensely proud of their dedication and compassion."

Hamel-Lydon Chapel will be offering this award again in 2021. The application process will begin in March.

For more information regarding Hamel-Lydon Chapel's Community Development programs, contact Lola Tom at (617) 472-5888 or e-mail Lola@HamelLydon.com.

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BBB Tip: How To Train Your COVID Puppy

By BETTER BUSINESS BUREAU

For many, it seemed like a heartwarming idea: rescuing a pup from the local shelter to help battle loneliness during the coronavirus quarantine. From the minute the dog came home, they could do no wrong — until, for some owners: shoes were chewed on, socks went missing, carpets were stained, and furniture became glorified dog beds. Sometimes, other unexpected behaviors came through, like pulling on the leash, baring teeth over scraps, or barking.

Now is a good time for

pet owners to find a trainer to help work through issues they and the dog may be experiencing. For starters, consider the type of training that will work best.

For example, if most of the ill-gotten behaviors are happening within the home, then an in-home consultation is worth looking into. If behaviors such as leash pulling or poor social skills happen while outside the home, then perhaps an in-person class is suitable, only if available.

According to certified dog trainers, look for a professional who uses reward-based training to teach and

modify behavior. Another resource is the American Kennel Club. Before contacting someone, determine what is triggering the dog's behavior.

Then, research trainers who are knowledgeable about behavior, learning theory, canine communication, and mechanics. Look for training certification initials from the following organizations: Certification Councils for Professional Dog Trainers, International Association of Animal Behavior Consultants, and Pet Professional Accreditation Board. Research certified

Canadian trainers Certification Council for Professional Dog Trainers Directory.

Ask friends, family, and your veterinarian for referrals, and check the BBB directory to find professional dog trainers near you.

Then, set up an interview with the trainer to ask questions regarding their training ethics, rates, insurance, and methodology. Request proof of the most current certifications and what types of cases they've worked with before your situation. Many trainers are offering consultations and trainings online because of coronavirus restrictions.

READERS FORUM

Closing Thompson's Island An Overt Act Of Racial/Social Injustice

How many of you have walked from Squaw Rock Park in Quincy, across the sand bar to Thompson's Island? Thompson's Island is in Boston Harbor, but for a few hours at low tide you can walk to the island across a large sandbar.

Unfortunately, Thompson's Island Outward Bound Educational Center (TIOBEC) has posted "No Trespassing Signs." There is a Grant of Conservation Restriction on Thompson's Island (1). In 2002, Massachusetts residents paid four million dollars to Thompson's Island Outward Bound. In return TIOBEC agreed to allow people unescorted public access to the island ALL YEAR ROUND. Presently, this is not happening.

Almost all the Boston Harbor Islands are open, but only for rich white people who own a boat. The National Park Service (NPS) has also provided boat moorings for these rich boat owners. It is important to note that the National Park Service is one of the whitest federal agencies. About 83% of the NPS 21,000 employees are white (2). Racism

has plagued the NPS since it started in 1916. Look at the history of Shenandoah National Park. It created a segregated area known as Lewis Mountain. Black people were not allowed anywhere else in the park. It wasn't until 2013, the NPS created the Office of Relevancy, Diversity, and Inclusion.

The closing of Thompson's Island is an overt act of racial/social injustice. We are all aware of injustices that happen every day. Thompson Island can be reached by bike, bus, baby stroller... by walking across the enormous sandbar. It has the best public access of a green area for poor, black, marginalized, people. Massachusetts paid millions of dollars to Thompson's Island for public access. And NPS and TIOBEC have not followed through with their responsibilities.

While rich white people enjoy the privileges of the Boston Harbor Islands, we know there is no substantive change to include everyone. The Boston Harbor Islands have be-

come a "white space."

Thompson Island Outward Bound should take down the "No Trespassing" signs. They should provide information about the Grant of Conservation Restriction areas on the Island that allow public access. They should encourage people to use Thompson's Island. Start the transformation. This is not someone else's problem. Don't go back to a blissful state of denial.

Joan Delaney
Hancock Street
Quincy

(1) "Thompson Island", Trust for the Public Land. Downloaded 8/18/10. (<https://www.tpl.org/our-work/thompson-island#:~:text=Thompson%20Island%20was%20the%20last,the%20public%20for%20recreational%20use.>)

(2) "Racist roots, lack of diversity haunt national parks", Jeremy P. Jacobs and Rob Hotakainen, E&E News, June 25, 2020. Downloaded 8/18/20. (<https://www.eenews.net/stories/1063447583>)

Mayor Koch: Does My Black Life Matter To Quincy?

Editor's note: A copy of the following letter sent to Mayor Thomas Koch was submitted to The Quincy Sun for publication.

Hello Mayor Koch,

My name is Tiffany Adams. I am the Alumni Advisor of the ENC's Black Student Union, one of three co-leaders of QFTC, one of the people who met with you, Chris and Chief Keenan, but more importantly an African American Quincy resident.

I am emailing you because it has been 173 days since the death of Ahmuad Arbery, 154 days since the death of Breonna Taylor, and 81 days since the assassination of George Floyd and the City of Quincy, still until today, has not said anything about how we are against police brutality and we stand with Black Lives around the world, especially in Quincy. There have been statements about protestors being "animals" and "thugs", and statements about how the Quincy Police Department is almost perfect. However, no statement about the lives that have been killed by the hands of racist cops. There has been no consideration to the amount of racial trauma that is occurring for the Black and brown individuals in Quincy.

For example, since these deaths I have been having huge amounts of anxiety, night terrors, and I am very paranoid that when I go outside I will be followed by Quincy cops again (this has happened to me recently). I have woken up and had complete meltdowns because of the many ways society tells me that I do not matter including in Quincy. (Which is why Quincy should declare racism a Public Health Crisis because it affects Black people's health).

Quincy is 5% Black and with the City Officials in Quincy not making a statement against Police Brutality and for

Black Lives you have perpetuated the system that says Black Lives do not matter. Is that true Mayor Koch? Does my life not matter to Quincy?

Here is a list of ways Quincy since the death of George Floyd has shown me my life has not mattered.

1) Mayor Koch, you called people who want to stand up for Black Lives "animals" and "thugs."

2) The City Official has not made a statement about what is happening around the world.

3) There have been 2 Vigils in Support of Black Lives that have been killed at the hands of cops. Yet Mayor Koch you were only at 1. You did not reach out to any of the leaders after it to connect and hear why we march, and what our "asks" are even for Quincy.

4) Mayor Koch you went to the pro police rally and spoke.

5) Quincy Fire Departments are utilizing Blue Lives Matter flags when the reality is there are no Blue Lives. Only occupations. This was created as a direct response to Black Lives Matter which is problematic.

So again Mayor Koch, Does my Black Life Matter to Quincy? If it does, will you and ALL City Officials make a statement saying so?

It has been 10 whole days and still yet I have gotten no

Celebrating City's First Settlement: Merrymount

To the leaders, managers and employees of the City of Quincy - thank you for your efforts to improve the traffic flow at the intersection of Sea Street and Quincy Shore Drive. Thank you also for creating the small public space at that same intersection. The space, which contains a large boulder with the inscription "First Settlement 1625", contributes to the City's 400th anniversary planning efforts that seek to preserve our past while enriching our future.

As the city continues to prepare for Quincy 400, I hope that the city will make a significant effort to celebrate and

preserve a fuller history of this wonderful place that includes those that settled this area long before 1625. Our history includes the Massachusetts People with whom Thomas Morton traded and that history needs to be preserved too. The descendants of those that shared this land and their ways with Morton still live here and their voices will certainly enrich our Quincy 400 celebrations and our knowledge of the City's long and rich history.

Michael Pratt
Chickatabot Road
Quincy

COVID-19 Is Real:

Do Your Job!

Attention Baby Boomers: COVID-19 is real.

Yes, I'm talking to you, "Karen," reminding us that on our local Facebook groups that this isn't a "real epidemic" like the Spanish Flu or the swine flu. Unfortunately for you COVID has a mortality rate of about 2%, which doesn't sound high but is roughly the same as Spanish flu and much greater than swine flu.

I'm also talking to you, "Kerry," who insists that young and healthy people have nothing to fear. How could you be so callous about letting the elderly, like your grandparents and parents, die, not to mention those with common underlying conditions like high blood pressure and diabetes? Or be ignorant of the long term effects seen even in young individuals like Eduardo Rodriguez, the Red Sox pitcher who had to miss this season because of heart complications lingering long after his infection passed?

I'm also speaking to you, "Keith," who refuses to wear a mask and calls us sheeple for doing so. The CDC and WHO recommend masks for one reason: they work. It's that simple.

I know you Boomers love talking about supporting our troops. What if I told you more Americans have died from COVID in the past six months than have been killed in any American war since 1945? Do those 180,000 (and counting) deaths mean nothing to you?

It's simple folks. Wear your masks. Wash your hands. Socially distance. Stop spreading lies on Facebook.

Like Bill Belichick says, Do Your Job!

Hannah Kornak, RN
Sea Street, Quincy

Lack Of QPS Diversity A Systemic Issue

The mission statement for the Quincy Public Schools (QPS) Department of Human Resources states in part that they are "dedicated to the discovery and selection of the best available employees for each and every position serving the students of the Quincy Public Schools. The role of the department is to ensure the highest caliber and the most diverse pool of applicants, both internal and external, for each position." The department and QPS as a whole must start living up to this mission.

Thankfully QPS is beginning to discuss the importance of increasing diversity in our teaching staff. Superintendent Mulvey was recently quoted "that diversity of our teaching staff is probably one of the district's biggest weaknesses... we need to make sure we are continuing every year to add to our minority teaching population." Though we may have doubled the number of teachers of color since 2008-2009 from 2% to 5.1%, the percentage of students of color in Quincy has increased from 43% to 57.7%. The demographic gap between our student population and our teacher population has actually increased since 2008. We also lag behind the state where 8.3% of teachers are of color. Not an impressive percentage and still better than Quincy.

When we talk about the importance of diversity, we need to look beyond just teachers and look at who has the power and authority to hire and lead those teachers and the power and authority to set the direction of the district. There are zero people of color in senior leadership roles in the dis-

trict office. There is one principal of color and zero assistant principals. The lack of diversity is not just a teacher issue. It is a systemic issue.

If QPS truly wants to show they care about diversifying their staff, then they will start collecting and reporting on data to show that they are: demographic data on the number of applicants, who is interviewed, who is offered a position, and who is hired. And this data needs to be aggregated and reported publicly. We must diversify our recruitment efforts and partner with professional organizations of color. We must establish pipeline and mentorship programs. The new DEI Subcommittee of the School Committee can define metrics and hold the Superintendent accountable to meeting those metrics.

With the hiring of Superintendent Mulvey there is now a senior level opening in Human Resources. This is the perfect time and opportunity to create a model that ensures a process to find the highest caliber and most diverse pool of applicants and collects data to prove that this was the case. The North Quincy High School students have already shown us in their letter what real leadership and real change should look like in addressing issues of Diversity, Equity, and Inclusion. Their words demand our action and our accountability.

Scott and Sarah Alessandro
Edwards Street
Quincy

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Bullying Children Is Never Okay

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Bullying amongst children is a critical dilemma that is too frequently written off as a rite of passage, or as "kids being kids." It is, however, a serious form of aggression that can result in injuries, fear, embarrassment, low self-esteem, and depression in the victim. Bullying can happen anywhere; cities, suburbs, or rural towns. No solitary feature puts a child at risk of being bullied or bullying others. Some groups such as lesbian, gay, bisexual, or transgendered (LGBT) youth, youth with disabilities, and socially isolated youth may be at an increased risk of being bullied. The bulk of bullying still takes place at school; 1 in 3 U.S. students say they have been bullied at school, according to the Department of Health and Human Services. Studies have revealed that bullying occurs on the playground as often as every seven minutes, and in the classroom, a child is bullied every twenty-five minutes. Furthermore, the Internet has turned into a mechanism of attack in the form of cyberbullying, which can take place at any time, day or night. No matter what the venue, bullying can become so severe that some children may avoid going to school because they are frightened or humiliated. In the most extreme cases, children have even committed suicide as a means to escape the consequences.

When a person constantly and intentionally sets out to injure, traumatize, or demoralize another person, he or she is considered a bully. Hitting, kicking, spitting, pushing, and other form of physical aggression are actions that are most recognizable as the actions of a bully. In addition, bullying may encompass the use of words to embarrass or threaten the target. Moreover, written words in the form of text messages or posts on social networking sites may also be used to as a method of intimidation. On occasion, the Internet is also often used to spread embarrassing images or videos to classmates, or at times passive-aggressive tactics such as silence may also be engaged.

Because children often hide the fact that they are victims of bullying, it is vital that parents pay attention to any potential signs. Bruises are the most noticeable and visible indications that a child is the prey of a bully. Therefore, parents should both observe for and question the presence of bruises. In addition, bullied children may have torn clothing and also allege to lose lunch money or other belongings. If a child becomes moody, less talkative, isolates themselves, or begins to have numerous emotional outbursts, this may signal signs of bullying. Oversleeping, an inability to sleep, or recurring nightmares all indicate some potential form of emotional stress. Kids may suddenly claim illnesses that are difficult to verify in order to avoid going to school.

If a child is the victim of bullying, parents need to put a stop to it as quickly as possible. Unfortunately, kids often do not disclose that they are being bullied and when they do it is with much difficulty. Parents who suspect bullying should sit down with their children and ask if there are any problems that the child wants to reveal. When a child willingly tells his or her parents about being bullied, it is critical that it is not marginalized or treated as insignificant. The more accepting and eager parents are to listen to their children the more at ease kids will feel discussing these issues. It is crucial that parents get as much information about the bullying as possible, especially who the bully is, how their child is being bullied how frequently, and what the school has done to intervene. Next discuss strategies to avoid the bully, such as never being alone, being more assertive, or ignoring the bully. Parents should also speak with their child's teachers or school administrator about the incident and what can be done to stop the behavior. Keep in mind however parents should never approach the bully directly. Speaking to the bully's parents or even law enforcement officials, may be necessary if the school is unable to bring the situation to a halt. Parents need to be aware of the state's anti-bullying regulations, particularly when violence, or embarrassing pictures or videos are involved, as it may necessitate legal action.

The preliminary step in putting an end to bullying is to prevent it from occurring initially. One way that parents can avert the situation is by teaching their children not to be bullies. Parents should lead by example and treat others with dignity and respect. Establishing a constructive atmosphere in the home is a strategy that can assist children in being happier and more confident. Mean-spirited behavior should be addressed immediately, and parents should discuss the consequences of negative actions and words. Additionally, kids should be made aware of the potential legal penalties of particular behaviors.

We can help prevent children from falling victim to bullies by helping them feel more assertive and boosting their self-worth. Encouragement and praise are

valuable and will facilitate accomplishing this goal. Establishing consistent, open communication with children helps to lessen the anxiety about approaching their parents when the bullying originates. Early intervention is significant in averting the intimidation before lasting damage occurs. Encouraging the school to institute an anti-bullying program is another valuable step. Programs should teach kids not to bully, and should also instill the importance of what to do if they witness someone being bullied. Intervention from all of us including parents, schools and other children is instrumental at putting an end to this dangerous and degrading problem.

Ruth Jones is the health commissioner for the City of Quincy.

RUTH JONES



Council On Aging News & Information

Tai Chi - If anyone is interested in virtual Tai Chi classes contact Vince at 508-238-6040 or email him at emac447@yahoo.com and he will get you set up with the classes.

Virtual Zumba - Virtual Zumba classes are being held on Zoom on Monday and Wednesday mornings at 10 a.m. Anyone interested in joining the class contact Maryellen at mereardon@aol.com and she will help get you registered and set up.

Finding Strength and Balance with Maggie - Finding strength and balance classes being shown Thursdays at 3p.m. and Saturdays at 11 a.m. on QATV Channel 8.

Kennedy Center Presents Remote Learning & Remote Computer Repair

Since the pandemic has hit our lives, things seemingly have been brought to a halt. That means you have not been able to come to computer class or get your computer problems resolved.

To help you catch up on the things you have missed, the Kennedy Center is working with Council on Aging computer instructor Grace Buscher to virtually communicate over the internet. Grace has arranged to hold computer classes via Zoom on Wednesday and Thursday mornings.

You may use your tablet, phone, or laptop computer to join in the classes. Wednesday morning from 10 - 11 a.m. will be the introduction to computer classes. This will be the basic computer class over the internet. If you wish to attend this class, contact via email Grace (gmbsystems@aol.com). Grace will send you an invitation to join the class. Once you receive the invitation, you can follow the link and join the class.

Thursday morning from 10-11 a.m. will be the advanced computer class. As with the normal advanced class there will be different topics each week. The first lesson will be on Zoom itself, and how to make it work. If you wish to attend this class, contact via email Grace (gmbsystems@aol.com). Grace will send you an invitation to join the class. Once you receive the invitation, you can follow the link and join the class.

Virtual School Means Extra Screen Time - And Added Eye Strain For Kids

This school year is beginning in much the way the last one ended, with many districts opting for virtual learning, which means children sit at home in front of computer screens rather than in a classroom in front of teachers.

But that extra screen time - mixed with the screen time many children and teenagers spend on their own - brings with it the potential for serious eye strain, says Dr. Jeff Kegarise, an optometrist, clinical management expert, and co-author with his wife, Susan, of One Patient at a Time: The K2 Way Playbook for Healthcare & Business Success.

"Spending too much time in front of screens on computers, phones and tablets can lead to headaches, blurry vision, dry eyes and more," Kegarise says. "Gritty, scratchy, watery, or irritated eyes can be common because of all the digital devices people use these days."

And if things aren't bad enough, even without this added time staring at computers, about one-fourth of children in the U.S. have a vision problem significant enough to affect their performance in school, Kegarise says.

It's not unusual for some children to spend hours staring at a video game screen,

perhaps so caught up in the game's action that they fail to notice or care about any eye discomfort that results.

Add several hours of on-line school, though, and eye strain becomes more difficult to ignore.

Kegarise says parents can help their children alleviate some of the eye strain by making sure they do the following:

- **Take breaks.** To a certain extent, students won't have control over this because teachers will decide when breaks happen during the school day. But ideally, they should take a break from the screen every 30 minutes, Kegarise says.

- **Choose the right lighting.** The type of lighting used in the student's work space can make a difference. Incandescent lights work better than fluorescent

lights because they give off less glare, Kegarise says. "It's also better if the light is placed over your shoulder than if it's shining straight down on the screen because that will cause fewer reflections," he says.

- **Adjust the position of the computer.** The computer monitor and the keyboard should be positioned to conform with the child's size. Make sure the screen isn't too high in the child's field of view. A report by the National Institutes of Health suggests an adjustable chair is the best option to get height just right.

- **Remind them to blink.** Parents should remind children to blink when they spend a lot of time in front of a screen. That helps spread tears across the eyes, keeping the eyes lubricated and aiding in the prevention

of dry eyes, Kegarise says.

Even without all this added screen time, children often develop vision issues that hurt their performance in school and sports, Kegarise says. Forty percent of children develop nearsightedness, he says, and it's an even higher percentage for those who have a parent who is nearsighted.

"In addition, reading difficulties and attention problems are often the result of eye muscle, visual processing, and function problems," Kegarise says. "Parents who feel that their child has a tougher time reading and comprehending than others should consider an eye exam for them. It's possible through vision therapy to make life-changing and long-lasting improvements to their learning and confidence."

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NEW QUINCY LOCATION! 1250 Hancock St. Quincy, MA 02169

On Thursday, Aug. 27, at approximately 6:20 p.m., Officer E. Smith and Officer Kaes responded to a residence in the Germantown area for a report of a disorder.

Officer Smith was first to arrive on scene. As he exited his police cruiser he heard multiple people screaming from the rear of the apartment, "Help! Help! He's stabbing himself!"

Officer Smith ran to the rear of the building and found an individual standing on the outside stairs. The male was holding a knife in his right hand and stabbing himself in the side of the neck. At that time, Officer Smith instructed him to drop the knife. The individual looked at Officer Smith and began to stab himself in the throat and under the chin. The officer repeated his demands for the male to drop the knife. The individual then stopped stabbing himself and began to walk down the stairs towards the officer, still holding the knife.

Officer Smith drew his firearm from its holster and ordered the man to put the knife down. The man obeyed the officer's demands and placed the knife on the ground. He

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

was ordered to step away from the knife and lay down on the ground. The individual complied. Officer Kaes and Officer Smith immediately began to render first aid to the individual. The Quincy Fire Department arrived on scene and continued first aid needs to the man as he was suffering from multiple small wounds to his neck. Officer Smith secured the knife in his cruiser.

Officer Smith interviewed a resident who stated she was in her home with her 23-year-old son and had invited a female friend to her home. As her friend walked in the back door, the male party, whom Officer Smith had just encoun-

tered, pushed his way into the home. The resident stated she knew the male but that he was not welcome in her home and was told to leave. The male then began to violently strike the victim in the head and body with closed fist punches.

The resident's son intervened and the suspect then began to punch him as well. The suspect then threw the female friend to the ground and began to stomp on her. When the female resident told the suspect that she had called the police, he exited the apartment and began to stab himself in the neck.

While the suspect was being treated by medics from Brewster Ambulance Service, Officer Smith informed him that he was under arrest. Due to his injuries, he was transported to a local hospital for treatment.

The 23-year-old Quincy resident was charged with home invasion, assault and battery by means of a dangerous weapon, assault and battery on a person with an intellectual disability, and assault and battery. He was also taken into custody on two outstanding warrants.

Great work Officer Smith!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, AUG. 21

LARCENY (jewelry), 11:31 a.m., Willard Street. Female in the QPD lobby now. A ring, necklace and earrings missing. Workers of building have been in and out recently for work.

LARCENY (cash stolen), 12:58 p.m., Stop and Shop Supermarket, 495 Southern Artery. Female in the QPD lobby now. Female forgot to take cash and walked away, \$20 bill. Another party took money in self check out lane.

SATURDAY, AUG. 22

VANDALISM/PROPERTY (wall), 11:20 a.m., Monti Granite Co., Inc., 266 Centre St. Caller states that she has ANTIFA spray painted all over her wall. Caller will wait at the office for an officer. Officer Sweetland documented the vandalism to property at 266 Centre St. and 235 Centre St. and forwarded the info to ACU3.

LARCENY (flag), 11:22 a.m., Centre Street. Red, white and blue Trump flag and pole. No suspect info. Reporting party buying cameras today if it happened again and he has suspect info he will call back.

LARCENY (package), 1:02 p.m., Faxon Commons, 1071 Southern Artery. Caller states that he is missing his package from the leasing office. He states that it was delivered Wednesday and it is now missing. Caller said that if an officer comes by instead of calling him he will meet them outside the building.

SUNDAY, AUG. 23

VANDALISM/PROPERTY (spray paint), 9:56 a.m., Centre Street. Schedule call for DPW Monday morning spray paint on the sidewalk. DPW notified; incident closed.

ASSAULT AND BATTERY (male/female), 12:08 p.m., Highpoint Circle. In the garage at top, both hispanic, caller states in out of a white sedan. Female hit out of car, male party hit female repeatedly. Female by a black Honda Accord yelling. Can't see the plate. White sedan is a Chevy

Malibu leaving garage now out on Quarry Street. Report to be filed.

MONDAY, AUG. 24

BREAKING AND ENTERING/ATTEMPT (past), 7:48 a.m., Bennett Electric, 1 Bennett Ln. Reporting party will be around the back at the loading dock.

VANDALISM/PROPERTY (graffiti), 8:09 a.m., JN Auto, 250 Centre St. Report to be filed.

LARCENY (packages), 9:54 a.m., Deco Apartments, 625 Burgin Parkway Ext. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (garage), 11:20 a.m., Presidents Lane. Serviced.

LARCENY (cell phone), 2 p.m., Cubesmart Self Storage, 671 Washington St. Customer in the building main office now taken by another customer.

LARCENY/MOTOR VEHICLE, 4:21 p.m., Quarry St. Blue Mercury Grand Marquis parked in lot last night at 2 a.m. Car was moved by management company due to paving of lot. Owner notified and TTY cancelled. Car was located across the street.

ASSAULT AND BATTERY (past), 4:23 p.m., Seaport Drive. See employee for report. Victim refusing to file report.

LARCENY/MOTOR VEHICLE (red Ford Fusion), 7:10 p.m., Quarry Street. Red Ford Fusion, leased motor vehicle both vehicles located in 1 Cityview Lane lot in rear.

TUESDAY, AUG. 25

LARCENY/MOTOR VEHICLE (gray Toyota 4Runner), 11:05 a.m., Centre Street. Male in the QPD lobby now. Ex-wife has taken car from driveway. No plate on the vehicle. New plates coming today. Ex-wife is in Brockton today. Caller concerned female ex is going to leave the state today. Reporting party had no information; will return with proper information for the officer.

LARCENY (package), 3:32 p.m., Avalon Quincy, 4

Avalon Dr. Report filed.

LARCENY (in lobby), 4:21 p.m., Garfield Street. Serviced.

WEDNESDAY, AUG. 26

VANDALISM/PROPERTY (property damage), 5:41 a.m., 7-11 Store, 75 Copeland St. Arrest made. Officer is looking into a rock that was thrown at reporting party car by means of a rock. One male in custody for defacing. Officer requested wagon for transport. Wagon transporting one male prisoner back to police headquarters. One male arrested for defacing property.

VANDALISM/PROPERTY (yard sign), 9:49 a.m., Connell Street. Pro-police yard sign damaged believes it was youths in the area.

LARCENY (package), 3:33 p.m., Muirhead Street. Serviced. Reporting party in QPD lobby.

THURSDAY, AUG. 27

BREAKING AND ENTERING/ATTEMPT (overnight), 7:59 a.m., St. Ann's Church, 757 Hancock St. Broken window at church.

Breaking & Entering Motor Vehicles: This past week we responded to over a dozen motor vehicle breaks. Please remember to always lock your doors and remove or hide your valuables. The vast majority of these incidents occur when the vehicle was left unlocked.

Breaking & Entering Motor Vehicle: 1300 block Hancock Street, Falls Boulevard (3), Station Street, Hillside Avenue, E. Squantum Street, Quarry Street (2), Farrington Street, Fifth Avenue, 0-100 block Hancock Street, Arlington Street

Breaking & Entering: Yardarm Lane

Breaking & Entering Attempt: Presidents Lane, Bennett Lane, Hancock Street

Total Calls For Service: 1,065

Wreaths Across America Urges Stand Out, Wave Flags To Remember 9/11

On Friday, Sept. 11th, Wreaths Across America calls for every American to stand outside and wave a flag for one minute at 8:46 a.m. and then again at 9:03 a.m.

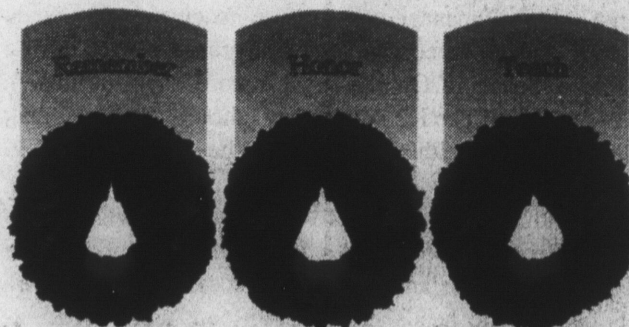
At 8:46 a.m., On Tuesday, Sept. 11th, 2001, five hijackers took control of American Airlines Flight 11 and flew it into the heart of New York City and the northern facade of the World Trade Center's North Tower (1 WTC).

At 9:03 a.m., five other hijackers crashed United Airlines Flight 175 into the southern facade of the South Tower (2 WTC).

Following the events of 9/11, three patriotic women (Elaine Greene, Joann Miller and Carmen Foote) were moved to find an old American flag they had stored at home and stand on a hill in Freeport, Maine, waving that flag to honor victims. These women became nationally known as "The Freeport Flag Ladies," and proudly hoisted the Stars and Stripes every Tuesday morning for the following 18 years.

After they retired on Sept. 11, 2019, (their last 9/11 remembrance) the following Tuesday, Sept. 17, 2019, Wreaths Across America took the helm and continued the weekly flag waving tradition along U.S. Route 1 in Jonesboro, Maine, on land donated by the organization's founder Morrill Worcester leading to the new Acadia National Cemetery.

Since that time Mr. Worcester has added a mile stretch of American flags (105 in total) on both sides of the road that lead to the entrance of Acadia National Cemetery which opened to the public for the first time last Saturday - Aug. 29. Mr. Worcester also donated the land for this new Na-



WREATHS -across- AMERICA

tional Cemetery to be built in his hometown.

"Each Tuesday, we are joined by dozens of members of the local community and curious people stopping to be part of something meaningful," said Karen Worcester, executive director, Wreaths Across America, and wife of Morrill Worcester. "Especially over the last six months, this flag waving has taken on new meaning for us all and given a spark of hope and patriotism during this difficult time in our country."

Participants are encouraged to take video and pictures of their participation in the national flag waving and share them with Wreaths Across America, their family and their friends to help REMEMBER, HONOR and TEACH the generation born after 9/11, how hard times can strengthen us as a nation. Use the hashtag #FlagsAcrossTheCountry and #AmericaStrong when posting on social media and tag the Wreaths Across America Official Facebook page.

"My husband and the community's commitment to the mission and continuation of this important weekly tradition has taken on the additional meaning of American unity during this uncertain time," added Karen. "I hope Americans will see this as an opportunity to not only honor those directly affected by 9/11, but also to follow in the footsteps of 'The Freeport Flag Ladies.'"

Wreaths Across America is the non-profit organization best known for placing veterans' wreaths on the headstones of our nation's fallen at Arlington National Cemetery. However, the organization, in total, places more than 2 million sponsored wreaths at over 2200 participating locations nationwide and offers other programs throughout the calendar year. These programs remember the events of 9/11 in their own way such as The Mobile Education Exhibit which will be visiting Kentucky in September and will join in the national flag waving effort. Radio host Michael W. Hale of Wreaths Across America Radio will hold on-air tributes, and the on-line store will be selling #AmericaStrong signs made by the brother of "Lone Survivor" Marcus Luttrell (who gave a special family message during the Wreaths Across America Virtual Concert now streaming on Showcase NOW).

You can sponsor a wreath for \$15 at <https://www.wreath-acrossamerica.org/>. Each sponsorship goes toward a fresh balsam veteran's wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest on Saturday, Dec. 19, as part of National Wreaths Across America Day.

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ZBA Approves Plan For S. Quincy Condo Building

Southside Tavern On Liberty Street To Be Razed To Make Way For 5-Story, 30-Unit Building

By SCOTT JACKSON

A proposal to tear down a South Quincy barroom and build a 30-unit condominium building in its place received approval from the Zoning Board of Appeals.

The ZBA approved the plan in a 5-0 vote on Aug. 25. The proposal still requires approval from the Planning Board.

Lou Bertucci is proposing to raze Southside Tavern, located at 73 Liberty St., and construct the new building in its place. The proposed building would stand five stories tall with a two-level garage above three floors of residential units.

The proposal includes 27 two-bedroom units and three one-bedroom units. Bertucci told the board they would be sold as condos rather than rented as apartments.

The garage would have 56 parking spaces. One floor of the garage would be accessible from Liberty Street while the other level would be accessible from Quincy Street.

Karl Skulte, the applicant's engineer, said the developer had considered placing one level of the garage underground, but was unable to do so because the site is located in a flood plain. As a result, the building was raised one story higher to accommodate two floors of parking above ground.

Dr. Allan Yacubian Rotary Club Speaker

Dr. Allan Yacubian will be the guest speaker at the Quincy Rotary Club meeting Tuesday, Sept. 8th at the Quincy Neighborhood Club.

Dr. Yacubian, who was the model for the original Yakoo mascot at North Quincy High School, will discuss the recent change to the mascot.

The guest speaker at the Sept. 15th meeting will be Mayor Thomas Koch.

Seating is limited to these events but the club can Zoom to people interested. Contact Ed Keohane at ed@keohane.com for further information.

Quincy Rotary Club was founded in 1923. Through the years, Quincy Rotary has been at the forefront of community service in Quincy and beyond. The club meets weekly to discuss improving the lives of people, both locally and globally. Rotary encourages diver-

One resident, John Rodophele of Grenwood Road, spoke in favor of the proposal during the ZBA meeting, which was held via Zoom. Rodophele said the building would generate new tax revenue for the city.

"This is good new growth," he said. "This is a lot of tax revenue we will get on a spot where we're not getting much."

Three residents wrote emails to the board opposed to the project, citing concerns over traffic in the area, among other things.

Board members said the proposal would be beneficial to the community.

"This is smart new growth," said Martin Aikens, the board's chairman. "Two floors of parking is smart. It is plenty of parking there for these units."

"This is an intelligent design and it is all self-contained," added Jeffrey Frankel. "It's a good use of the spot that is not doing much for the city."

The 30-unit building proposed for the Southside Tavern site contains fewer units than the initial plan pitched to residents during a November 2019 community meeting. The proposal unveiled then included a 48-unit building with 72 parking spaces on site.

In other business on Aug. 25, the Zoning Board of Appeals:

Granted a variance and finding to Minh Van, allow-

ing him to add an addition to the rear of 27 Sumner St. The addition will allow him to create a new three-bedroom living unit on site, converting the present single-family home to a two-family home.

Granted a variance to Michael Monahan that will let him construct a three-unit townhouse building at 30 Town Hill St. The new units will contain two bedrooms each with a two-car garage. Two additional guest spaces will be provided, for a total of eight parking spots.

Continued until Nov. 17 the public hearing on R. L. Estate Development's request for a variance to build a seven-unit residential building at 6-8 Old Colony Ave. The proposal will first go before the Planning Board.

Allowed Michael Davis to withdraw without prejudice his application to construct an addition at 63 Lenox St.

Road To Responsibility Gala Sept. 24

Road to Responsibility, one of the region's largest and most successful non-profit organizations, announces that Xerox Business Solutions will serve as the Presenting Sponsor for its annual "Making Lives Better" Gala, which will be held virtually this year, on Thursday, Sept. 24, beginning at 6:45 p.m.

The event will celebrate Road to Responsibility's 32 years of Making Lives Better for adults with intellectual and developmental disabilities.

This year marks the seventh year that Xerox Business Solutions will be supporting RTR and the gala at the Presenting Sponsor level.

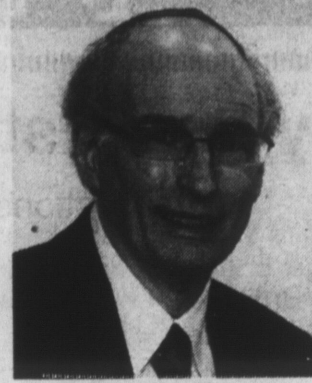
Given the ongoing pandemic, attendance at the celebration via Zoom is free, but registration is required, and participants are encouraged to donate in lieu of a ticket or table purchase. The event will welcome back emcee Michael Page of NBC Boston and feature a special program highlighting and celebrating the progress and change Road to Responsibility has made for individuals, families, and local communities.

The celebration will also feature an online auction,

As the autumn Jewish holiday season approaches, Congregation Beth Shalom of the Blue Hills invites interested individuals and families in the surrounding area to join in observing and celebrating the various holidays, complete with COVID-19 restrictions, adjustments and adaptations. High Holy Days services begin with Erev Rosh Hashanah on Sept. 18th, and continue with full services the next two days under the direction of spiritual leader Rabbi Alfred Benjamin and Cantor Robbie Solomon.

Services will be conducted with a minimal number of participants safely separated within the synagogue, while other congregants and visitors will attend through Zoom, live streaming or on our Roku channel. Technology will allow for full services, Youth Services and Puppet Show Services for children up to 3rd grade.

Tashlich, the symbolic casting away of sins on Rosh Hashanah, will be on Sunday, Sept. 20th at 3:30 p.m. at Turner's Pond on Central



CANTOR
ROBBIE SOLOMON

Avenue, Milton (bring your own bread). All are invited to participate.

Beth Shalom of the Blue Hills is fortunate to have renowned Cantor and composer Robbie Solomon to join with Rabbi Benjamin in leading the High Holy Days services. He has served as a Cantor for mostly Greater Boston congregations for over 40 years. He is also well known as a performer and song writer with the popular Jewish music group SAFAM, with whom he has recorded over 10 CDs, and his compositions have been performed and recorded throughout the world.

After Yom Kippur on

Sept. 28th, other holidays including Sukkot and Simchat Torah will follow, with special family-oriented holiday events, such as eating in the Sukkah and parading with the Torah scrolls on Simchat Torah, some of them outdoors or virtual and all adapted for safety.

All services and activities at Beth Shalom of the Blue Hills are open to the entire Jewish community. Non-members interested in attending or observing High Holy Days services or other events are required to call the Congregation office at 617-698-3394.

The synagogue's Rabbi Jerome Weistrop Religious School, which provides small, twice-weekly classes, holiday family events, teen programs and more, is accepting applications during the month of September. Jewish children of all grade levels are encouraged to enroll and participate in a quality Jewish education.

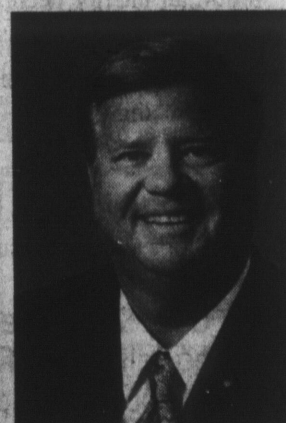
Families interested in having their K-7th grade children attend the Religious School's virtual/Zoom educational program should contact our Education Director, Cantor Lisa Kipen-Hershenson. First-time callers will receive complimentary Zoom links to our adult, youth and children's High Holiday programs and services.

Cong. Beth Shalom of the Blue Hills is an egalitarian synagogue and welcomes interfaith and LGBTQ members and families. For further information about religious school, services, events or membership, please call the Congregation office at 617-698-3394, email: office@BethShalom-BlueHills.org or visit www.BethShalomBlueHills.org.

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Real Estate

Quincy Real Estate Transactions August 24 - August 28

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

143 & 151 Hancock LLC
Michael Lo
Jakaty Realty Trust
Joseph W. & Leigh A. Bragdon
Brian Buckley
Rosemary Blasi
Joseph F. Norton, Jr. & Joanna Norton
Jose Villanueva & Thai Nguyen
Carlos A. Joo & Mercedes Leon
Courtney M. Johnson
Christopher J. & Elizabeth A. Fitzgerald
Rong Q. Zhang & Rachel X. Lin
Pauline M. Connolly & Barbara E. McBurnie
Yi Zou
Douglas F. & Madeline P. Spellberg
14 Audrey Street Realty Trust
Nelson S. Yan
Damaris S. Hanson
Joshua P. & Kellie Bascon
Zachary Ohlson
Ronald J. & Laurie S. DeMarco
Spartico Gobbi Irrevocable Trust
Michelle DiPlacido
Daniel W. & Andreina DiBona
Anlin Wang & Qianmei Wu
Clifford H. Hallett, Jr. & Carol J. Hallett
Rebecca G. Bruno & Brittni A. Cunha
Alex Burns & Rachael E. Cina
Allyson M. Connor
81 Faxon Park Road Realty Trust
Eris Karanxha
Estate of Michelle D. Webber
Betty L. McCallion
Janice E. Thayer Trust
Gary Mikels

BUYER

Yannong Li & Zhengnan Kang
Justin Chiu
Jacqueline Higgins
Gabriel Cheong
Zhiwen Mei & Guiye Guan
Krista Librett
Matthew C. Even & Katherine F. Arnold
Rodolfo A. & Ofelia V. Villanueva
Thomas J. Sutter
Dean Cohn & Jessica L. Foley
Caitlin A. Stromberg
Richard Chau
Jonathan J. & Betgoon M. Wong
Rafael D. Q. Prado & Maynara L. Andrade
Oltjana & Leta Gjino
Daniel E. & Mollie S. L. Agbibo
Patrick Mahoney & Hannah H. Crawford
James McLean & Danielle Bradley
Steven J. Douillette & Dru W. Belli
George DeMello
Matthew Foley & Jacqueline Cunio
Wesley R. & Sophia A. Hadley
Run X. Wang
Peter & Linda Dandliker
Victor & Vicky Lu
Eric J. Battite & Lynn M. Bruno
Quincyler LLC
Vinh X. Le, Thomas Le, Napat Suttayamullee
Mei Y. Wang & And Y. Hua
Zack Phlson & Megan Ohlson
Benjamin R. Summerhayes
Ryan D. & Jennifer J. B. McDonald
Michael Liu & Bik W. Pun
Alexander A. Will
Boyd Trust

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\$817,450.00
\$768,500.00
\$428,000.00
\$579,000.00
\$565,000.00
\$700,000.00
\$485,000.00
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\$330,000.00
\$545,000.00
\$680,000.00
\$554,000.00
\$709,000.00
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\$705,000.00
\$510,000.00
\$415,500.00
\$425,000.00
\$475,000.00
\$675,500.00
\$485,000.00
\$850,000.00
\$486,000.00
\$609,000.00
\$420,000.00
\$645,000.00
\$470,000.00
\$865,000.00
\$292,000.00
\$1,000,000.00
\$730,000.00

ADDRESS

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226 Marina Drive, Unit 3-6
10-12 Alton Road
158 Palmer Street
2 Harvey Lane, Unit 2A
37 Pontiac Road
105-107 Common Street
71 Spring Street
43 Merrymount Road, Unit B1
91 Rock Island Road
10 Weston Avenue, Unit 302
500 Willard Street, Unit 401
28 Bedford Street
7 Welgate Circle
14 Audrey Street
37 Huckins Avenue
25 Standish Road
45 Edison Park
1 Brook Road, Unit 207
120 Bates Avenue
42 Sachem Street
24 Hillsboro Street
58 Alton Road
126 Bromfield Street
125 Sea Avenue
148 Quincy Shore Drive, Unit 30
19 The Strand, Unit 2
46 Tinson Road, Unit 46-1-A
81 Faxon Park Road
52 Packards Lane, Unit 4
11 Post Island Road
133 Cmdr. Shea Blvd., Unit 419
221 Victory Road, Unit 12-2
2001 Marina Drive, Unit 402W

Maximalist Style: Playful, Powerful And Posh

Ask Barbara Graceffa: 'The Secretary Of The Interior'

How can I pull off a maximalist style without going overboard? Robin

Some describe a maximalist decorating style as cluttered, haphazard, and over-the-top while others see it as expressive, funky, and ornate. I describe it with the three P's: playful, powerful, and posh.

When it comes to playful, you will find bold colors or jewel tones on the walls, ceilings, and rugs. Graffiti-tagged sofas or drapes rest aside uniquely shaped armchairs and tables. Both quirky art pieces and a bevy of patterns like animal prints with geometric and florals add vibrance to any room. Maximalist interiors are never boring and unapologetically stuffed with memorable objects with a design goal of sheer, break-the-rules fun.

Or try dark moody colors, large scale floral wallpaper or murals, and layers of luxurious textiles like velvet and silk to bring high-impact power to your maximalist decor. Well-displayed collections, dramatic artwork on a gallery wall, and a blend of more than one decorating style exude powerful stories about the homeowner who's not afraid to express herself. Without a doubt, you'll find a wow factor in

a maximalist interior.

Posh - I just love that word - perfectly describes the glamour of an oversized mirror, the glitz of a crystal chandelier, and the stylish details of statement pieces in a maximalist home. I would argue that luxury and sophistication are more evident in a maximalist home than in a minimalist one.

However, your guests shouldn't feel like they're living inside a pinball machine with too many design elements competing for their attention. As in any decor, your eye needs a place to rest. So, covet the things that spark joy but choose beauty and balance over clutter and chaos.

Reader suggestion on house numbers: A reader who delivers packages for a living asked me to point out that everyone should have visible house numbers on their home. With many of us shopping more online these days, this is a good point and an opportunity to add a design statement if you choose a special font that complements your home's style.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

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"STILL NUMBER ONE"

O'Donnell Promotes Protection Against Real Estate Fraud

Register of Deeds William P. O'Donnell reminds Norfolk County homeowners of a free on-line Consumer Notification Service offered by the Registry of Deeds to protect county property owners against fraud.

"The Federal Bureau of Investigation, (F.B.I.) has continued to express their concern about property/deed and mortgage fraud," O'Donnell said. "Many jurisdictions across the country have reported unscrupulous individuals recording fraudulent land documents making it appear they own another person's home or property. Fortunately, we have not seen this type of crime take place in Norfolk County. My intent here is not to upset county property owners but to make sure my office is proactively helping consumers protect their home."

Any owner of real property in the 28 communities comprising Norfolk County can join over 1,200 homeowners already utilizing the

service by signing up for the Consumer Notification Service free of charge by doing the following: Go to the Registry's website www.norfolkdeeds.org, and click on the Consumer Notification Service Get Consumer "Alerts" button to complete the initial registration. From there, follow the remaining sign-up instructions.

Once you have signed up for the service, each subscriber will be able to input two names, individual or business, and the corresponding city or town in Norfolk County for monitoring. They can monitor their real estate records for such activities as changes in deeds, mortgages, mortgage discharges, non-mortgage liens, Homesteads or other land documents that might be recorded against the property.

"The process to sign-up for the service is user friendly and will only take a few minutes of your time," O'Donnell said. "While the program will not prevent the

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Fewer QPS Students May Be Bused This Year

Cont'd From Page 1

apply to special education students.

Michael Draicchio, the school system's transportation director, on Aug. 26 told the school board increasing the radius by a half mile would reduce the number of students eligible for bus service from 570 to 70.

The state guidelines for buses this year allow no more than one student to

sit on each bench, though siblings can sit next to each other. Students must also alternate benches on each side of the bus. Draicchio said the state rules will reduce capacity on buses to one-third of their normal occupancy.

Quincy School Supt. Kevin Mulvey said the district would have to acquire three additional large buses for its fleet and hire eight

more drivers to meet the state guidelines using the 1.5-mile radius. The district would also have to add 11 more minibuses and drivers for special education students. The change in service area would alleviate the need to hire the additional drivers or add more buses to the fleet.

Draicchio said most other school districts already use the two-mile radius or are considering changing it

because of the new guidelines.

"Most of the districts have already been at two miles and beyond for a long, long time because they are so spread out," he said. "A lot of school systems have changed as well — they have to do what we are looking to do right now to make sure we can provide as best we can for our students."

Committee member Kathryn Hubley asked if

there would be exceptions to the new rule made for families with extreme hardships. Draicchio said it would be a possibility.

"I think we would consider that," he said. "When we're going hybrid at the beginning, as far as the numbers go, we're going to be taking a look at that as well. Hopefully, if there is space, we will be looking to get some students back on as well. So yes, that will

definitely be looked at."

Committee member Emily Lebo asked how parents would be informed about the new rule. Mulvey said communications would take place three ways — a direct phone call, an email and an instant alert.

"We want to make sure we contact these parents directly, so I would suggest those three layers of communication," he said.

Over 10,000 Vote Early Here In MA Primary

Cont'd From Page 1

anticipated that 30 percent of the city's 61,497 registered voters would cast ballots by the time polls closed at 8 p.m. Tuesday.

More than 10,000 residents had already voted as of Monday morning.

Massachusetts residents were able to vote by mail in the primary this year amid the COVID-19 pandemic and will be able to do so again in November's presidential election. Crispo said 14,75 residents requested a mail-in ballot for the primary ahead of last week's deadline to do so and her office had received 9,000

completed ballots as of early Monday.

In-person early voting was also offered last week at North Quincy High School and City Hall. Crispo said 1,120 residents cast ballots at those locations.

Headlining the Democratic primary was the showdown to be the party's nominee in the U.S. Senate race. The race pitted incumbent U.S. Sen. Edward Markey of Malden against U.S. Rep. Joseph Kennedy III of Newton.

In the eighth congressional district, incumbent U.S. Rep. Stephen Lynch was facing a challenge from

Robbie Goldstein. Both candidates are Boston residents.

Also on the ballot were four races for elected Norfolk County positions.

Five candidates, including three from Quincy, sought the open register of probate seat: Colleen Brierley, a Norwood attorney; Quincy City Councillor Noel DiBona; Quincy School Committee member Kathryn Hubley; Courtney Madden, a Quincy attorney; and Michael Walsh, a Westwood selectman.

Four candidates were vying for two seats on the Norfolk County Commission, including incumbent Joseph

Shea of Quincy, formerly the Quincy city clerk; Dennis Guilfoyle of Dedham; Braintree Town Councillor Charles Ryan; and Canton Town Moderator Richard Staiti.

The race for the open country treasurer position saw two Quincy residents, Michael Bellotti, formerly the county sheriff, and Ward 2 Councillor Brad Croall facing off.

Three candidates, including two from Quincy, were running in the special election for county sheriff. They are: James Coughlin of Dedham, a retired State Police trooper; Patrick McDermott

of Quincy, the current register of probate; and William Phelan, a former mayor of Quincy.

The members of Quincy's delegation on Beacon Hill, all Democrats, were unopposed in their party primaries. They are Sen. John Keenan of the Norfolk and Plymouth District; Rep. Bruce Ayers of the First Norfolk District; Rep. Tackey Chan of the Second Norfolk District; Rep. Ronald Mariano of the Third Norfolk District; and Rep. Daniel Hunt of the 13th Suffolk District.

Governor's Councillor Christopher Iannella Jr. was

unopposed in his bid for reelection.

In the Republican primary, two candidates were running for the U.S. Senate seat, Shiva Ayyadurai of Belmont and Kevin O'Connor of Dover.

No Republican candidate ran for Congress in the eighth district.

Two other Republicans were on the ballot in Quincy, both unopposed. They are Stephen Tougas, who is seeking the House seat in the Third Norfolk District, and Jerry McDermott, the Norfolk County sheriff who is looking to retain his seat in the special election.

Students Could Move To Hybrid Model In Phases

Cont'd From Page 1

was no social distancing."

Students from pre-kindergarten to grade three are presently slated begin the school year using a hybrid model, while all others would be learning remotely, except for certain high-need students who would also attend in-person classes. The first day of the school year is Sept. 16 for students in grades one through twelve and Sept. 21 for pre-kindergarten and kindergarten students.

The second phase — which would see students in grades four through eight transition from remote to hybrid learning — could begin as early Tuesday, Oct. 13, which is the day after Columbus Day.

The third phase — when high schoolers would move to the hybrid model — could then begin as early as Monday, Nov. 9. As a result, the beginning of the second grading period for both high schools will be moved to that date from Nov. 16.

Parents would have the choice to keep their children out of in-person learning entirely and continue with remoting learning.

The School Committee would be responsible for determining if each phase was ready to begin based on public health data. Mulvey said the re-opening task

force has recommended using several metrics to make that decision.

Quincy would have to be designated as an unshaded or green community by the Department of Public Health to consider moving to a new phase, Mulvey said; unshaded communities have fewer than five active cases while green communities have an average daily case rate of fewer than four per 100,000 residents in the last two weeks. Quincy was a green community as of Aug. 26.

Other metrics that could be considered include the number of active and confirmed COVID-19 cases in Quincy, the age of those persons who are confirmed cases in the city, the number of confirmed cases in schools, and data from cities and towns in which Quincy Public School staff reside. Mulvey said Jones recommends the data be considered on a case-by-case basis.

"Her emphasis was taking a case-by-case approach, making sure we are in the green but also looking at the other factors... mainly local community spread, also spread within a school and making a distinction between whether the spread occurred because of something that happened outside the school or if the spread occurred because

of students mingling in the school," Mulvey said.

If one student or teacher in a classroom tests positive for COVID-19, the entire class would be quarantined for 14 days, Mulvey said, with students learning remotely during that period. Rita Bailey, the district's health services coordinator, said it would be up to parents and pediatricians to determine if the students should be tested for the virus at that point.

If there is evidence of COVID-19 transmission in the school, Mulvey said several classes might need to be quarantined or the entire school could possibly be shutdown.

Committee member Emily Lebo said it might be better to have hard numbers attached to the public health metrics rather than considering them on a case-by-case basis.

"I think this is going to be very difficult for our families to hear — it's difficult for me to hear — that we don't have guidelines to figure this out. Case-by-case — we could be meeting once a day every time there is a case if we don't have any guidelines around how this should work," Lebo said.

Committee member Paul Bregoli asked about the possibility of transitioning students in pre-kindergarten

to grade three from hybrid to full-time in-person and when that might occur.

"I'm concerned about parents who are putting off work or trying to find people to watch their kids or kids who are on a device that they are not adept at and parents aren't adept at or they don't have one," Bregoli said.

Anthony Andronico, the committee's vice chairman, said the committee would ultimately be responsible for making that decision.

"Personally, I would caution against doing any in-person plan for any group before all of QPS was at least in a hybrid," he said.

Jones agreed that all students should be learning under the hybrid model before a decision is made to move any group to full-time in-person.

"The reason that we split it up for these three-week intervals was to slowly add more students to the mix so we could see what the effect

would be. I think to bring people back in-person prior to doing all those phases would be difficult because it wouldn't give us the information that we needed," she said.

"Anytime you bring a larger group together you're going to increase the risk of transmission. We want to see if that risk is not there or is under control before we bring a large amount of students back to class."

Lebo noted there would not be enough room to accommodate all students while maintaining six feet of separation.

"We don't have room to bring all of our students back if we stay at a six-foot distance," she said. "We

could never bring all of the elementary school students back under the six-foot guidelines."

Mayor Thomas Koch, the chairman of the School Committee, said there is no precedent for the current pandemic.

"I know there is a lot of frustration out there with folks. Parents want to get their kids back for a lot of different reasons; obviously the right reasons," Koch said.

"This is a heavily gray area we're into because there is no real precedent for this. There is no real plan in place because we've never done this before, and I think we have to be mindful of that."



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Artist's Showcase: Isabel Shamitz

Isabel Shamitz has been creating artwork all her life and divides her time between painting, exhibiting her works and teaching.

"Since early childhood, creating art and watching an image come to life on my canvas has given me great satisfaction," she says. "My favorite subjects have always been scenes from city life; people, places, pets and the humans they own, caught in the act of living."

"Like portraits, cities are living, breathing entities and the energy and intensity of the different urban elements have always fascinated me." Although my favorite subject is the cityscape, my influences have been the Impressionists (in their uses of transitional color) and many Post-Impressionistic artists, in their exploration of subject matter (Edward Hopper and George Bellows are examples).

Her favorite medium is



ISABEL SHAMITZ

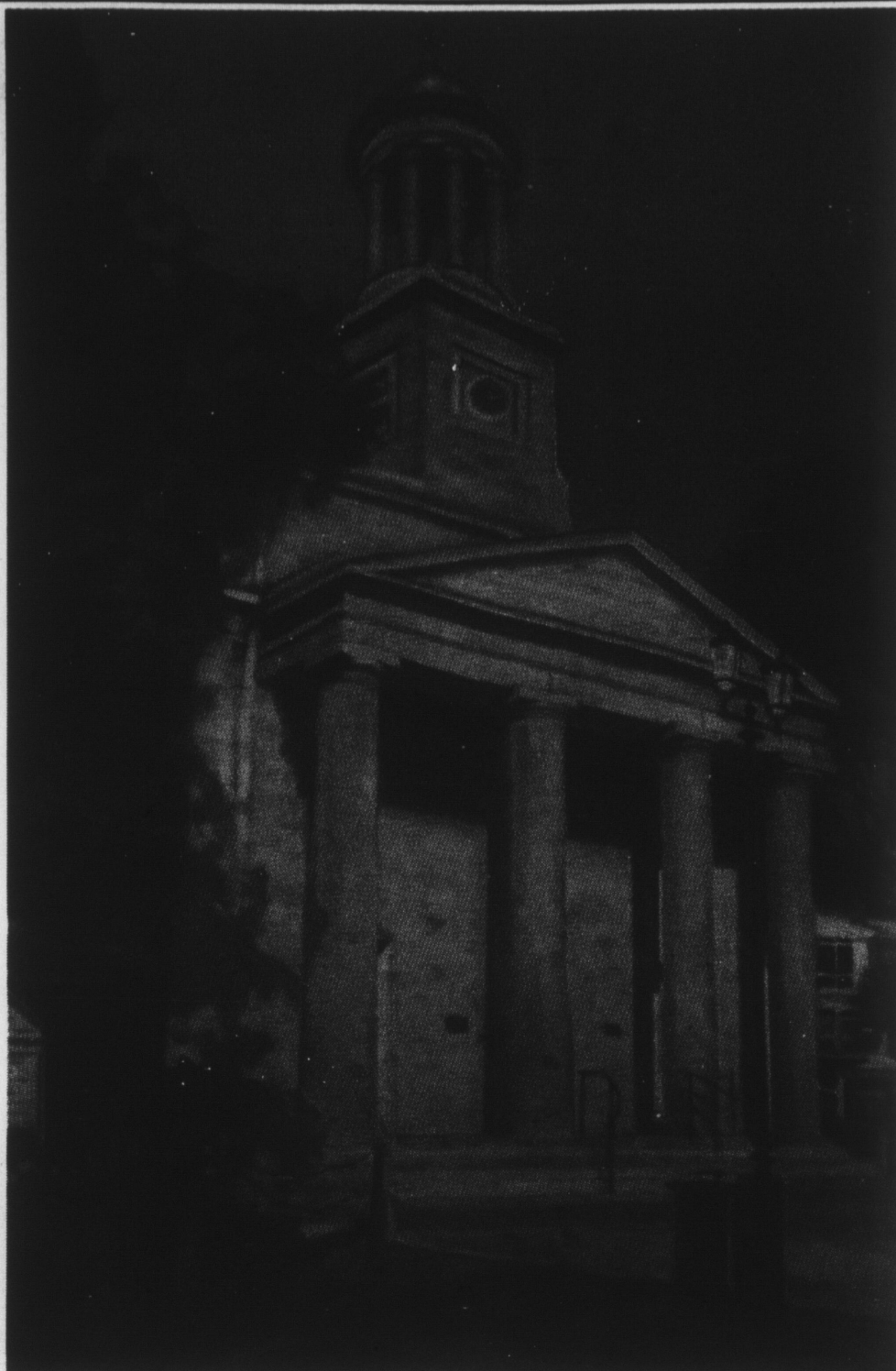
oil on canvas and she works in her home studio in Quincy Center.

Ms. Shamitz, originally from Silver Spring, Maryland, attended the Corcoran Museum School in Washington, D.C., has a B.F.A. from the University of Maryland and a Certificate from the Art Institute of Boston. She has studied under the late Robert Cormier, Director of the Boston Artist

Guild and at the Museum of Fine Arts Extension School. She also teaches courses in Fundamentals of Drawing, Oil Painting at all Levels, and has given lectures and demonstrations of her techniques.

She is a member of several local art associations, among them Quincy and Weymouth, and is an award-winning artist. Her work is frequently on display locally and can be seen, along with her contact information, on her current website: www.issyart.com. Of particular interest might be her "Lost in Boston" series, shown on her website.

Her advice to those interested in this medium: start slow, experiment with the medium and don't be afraid to make and learn from mistakes. A beginning class, with basic materials and paints, and which includes an understanding of the materials themselves, is a good way to start.



"UNITED FIRST PARISH CHURCH - CHURCH OF THE PRESIDENTS" by artist Isabel Shamitz.

Fall Lawn Care Tips

By MELINDA MYERS

As summer transitions into fall, it is time to help lawns recover from summer stress. Let the weather and the condition of your lawn help you develop a plan suited to your landscape.

Continue mowing actively growing lawns. Mow high, leaving cool season grasses like bluegrass and fescues at least 2 1/2 preferably 3 1/2 inches tall after cutting. Warm season grasses like bermudagrass, carpetgrass, centipedegrass and zoysia should be grown at 1 to 2 inches tall, while St. Augustine should be a bit higher at 2 to 3 inches for best results. Taller grass is better able to compete with weeds, is more drought tolerant and less susceptible to insects and disease.

Mow often, removing no more than one third the total height. Leave short clippings on the lawn. They will

quickly break down, adding organic matter, moisture and nutrients to the soil. Run your mower over long clippings to reduce their size and speed decomposition.

As the tree leaves begin to fall just mow them into small pieces and leave them on the lawn. As long as you can see the grass blades through the shredded leaves your lawn will be fine. And just like the clippings, they add nutrients and organic matter to the soil.

Fertilize lawns in early September and high maintenance northern lawns again around Halloween, but always before the ground freezes. Make sure the last fertilizer application to warm season grasses is at least one month prior to the average first killing frost.

A healthy lawn is the best defense against weeds. Even with proper care these unwanted plants can bully their way into your lawn. Try digging, root and all, to remove small populations of weeds. Think of it as a workout or way to reduce stress.

If you decide to use a weed killer, try spot treat-

ing weeds or problem areas to minimize the amount of chemical used. Select the least toxic or an organic product whenever possible. Whether using traditional or environmentally friendly products read and follow label directions carefully. All these products are plant killers and can cause damage to other plants if not applied properly.

Fall, when the cool season grasses are actively growing, is also the best time to core-aerate or de-thatch lawns suffering from thatch build up or compacted soil. Overseed thin lawns after core aeration or de-thatching. You'll have better results once the thatch layer is removed or openings exist for the grass seeds to contact the soil and sprout.

Those growing warm season grasses should wait until the lawn greens up in spring or is actively growing in early summer. Avoid doing this when the weather is hot and dry.

Begin implementing some of these strategies and soon you'll be on your way to a healthier, better looking lawn for the coming grow-

ing season.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts

The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio pro-

gram. Myers is a columnist and contributing editor for Birds & Blooms magazine and her web site is www.MelindaMyers.com.



A HEALTHY LAWN is the best defense against weeds.

Photo courtesy of MelindaMyers.com

O'Donnell Promotes Protection Against Real Estate Fraud

Cont'd From Page 12

fraud, it will allow residents to find out about it in a more timely manner."

If a document is recorded against one of the names inputted for monitoring, the subscriber will be alerted via email, usually within 24 hours. The person can check the Registry's online land research records at www.norfolkresearch.org as an option. If a subscriber

believes a fraudulent land record has been recorded against their property, they should then immediately contact the Norfolk County Registry of Deeds Customer Service Center at (781) 461-6101. After talking with a Registry employee, the subscriber will be given a list of public safety referrals by the Registry.

"Even during these extraordinary times in world

history, the core mission here at the Norfolk County Registry of Deeds is to make sure the recording of land documents are accomplished in a secure, accurate and accessible manner," O'Donnell said. "I also want to make sure my office is taking any and all steps to minimize the effects of fraudulent activity related to land document recordings. The Registry's Consumer Notification Service pro-

vides a level of protection to the program's subscribers against dishonest individuals who commit real estate or land document fraud. After all, the biggest asset most of us have is our home. I urge people to sign up for this free program."

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders,

municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

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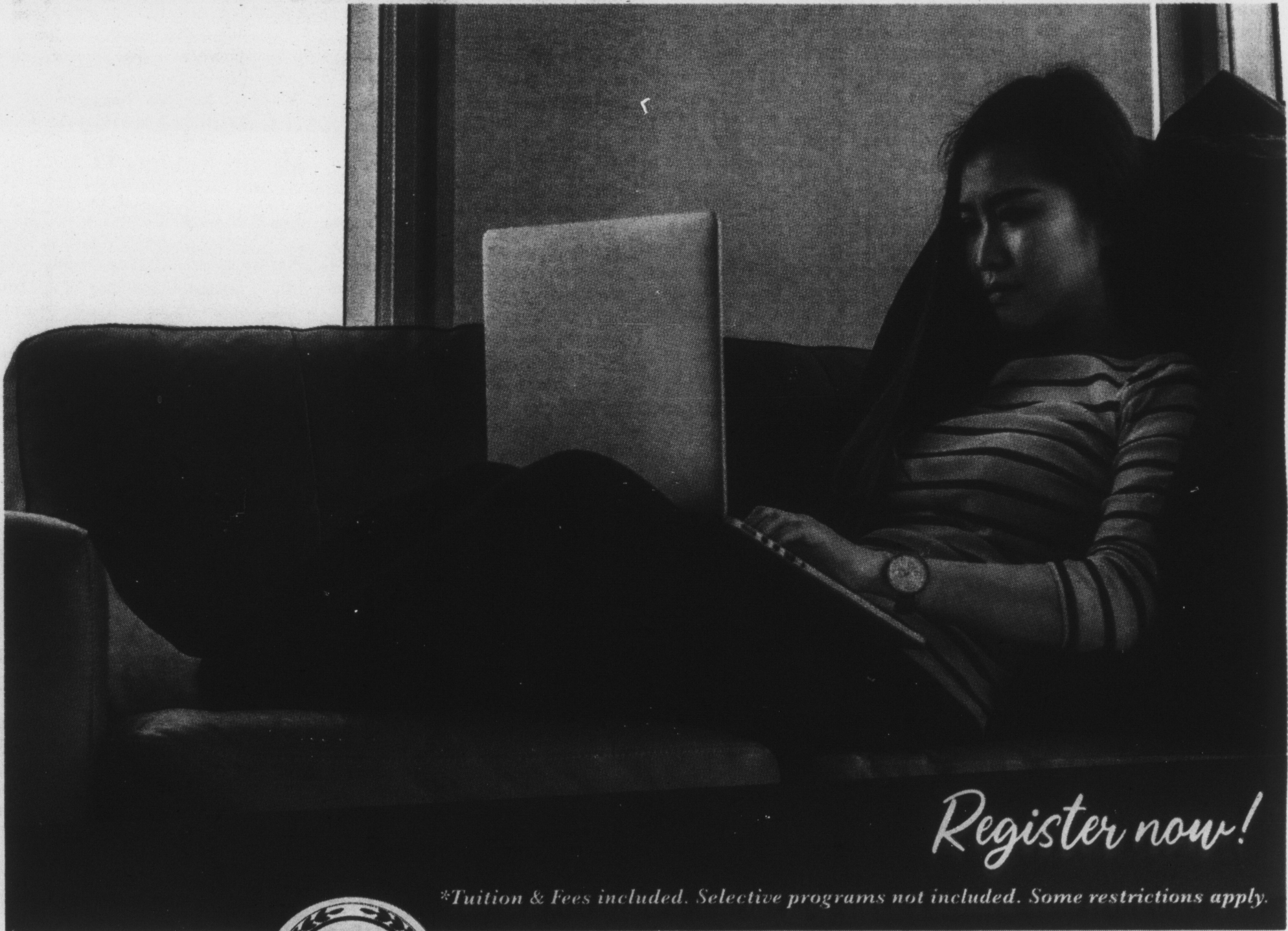
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READERS FORUM

Achieving Social Justice Requires All Citizens To Be The Best They Can Be

Maine's Brigadier General Joshua Lawrence Chamberlain (1828-1914), better known as "The Hero of Little Round Top" of Gettysburg wrote in his memoirs (50 years after serving the Union) that, "Combat is a Test of Character. It makes bad men worse and good men better."

Does this axiom apply to policing? Every reader of this letter has encountered a Toxic Co-Worker during his/her lifetime in our infinite variety of Labor. We soon recognize the types: the Liar, the Cheat, the Bully, the Saboteur, et al. Often Teflon-coated, they do much damage. So, what is an honest, capable, and diligent employee to do? We keep our eyes down, do our best, and get our jobs done so that we can just go home. It is a distressing and deeply discouraging reality. Then we seek another job with a

healthier employer.

Here is the thing. Most of us do not work in organizations in which our Toxic Co-Worker might commit actual murder with impunity and then expect to keep their job and their pension. I get why Police officers, their Union, Chiefs and all their supporters resent the reform initiatives and legislation that are being proposed. No one ever wants to be told how to do their job. That is human nature; however, to deny that reforms are necessary and possible is wishful thinking. If not from without, are the Police willing to reform themselves from within their own ranks, departments and unions?

Just like the rest of us, cops know who their Toxic Co-worker(s) are. To all the sworn law enforcement officers who are healthy, well-adjusted, ethical, decent, and capable professionals,

I humbly suggest that you each allow yourselves to ask these basic questions: "Why do I circle the wagons around a Toxic Co-Worker who makes my daily work that much more difficult, dangerous, disreputable and demoralizing? Must I? What is in it for me and my immortal Soul?"

In the final analysis, will it be enough for each officer to be a Good Guy? Or can each Good Guy be Better? I offer my sincere thanks to my neighbors and fellow citizens who are in the perilous profession of law enforcement. The work of achieving Social Justice is hard, uncomfortable and not without risk. All Americans must step up to be the best citizens that we can be so that we can all live in peace "with Liberty and Justice for all." We can and must do this together.

Claire Fitzmaurice
Calvin Road

Massachusetts Relaxes Travel Rules For Four States

By SCOTT JACKSON

The Department of Public Health has added four more states to its list of low-risk states, meaning travelers from those places will no longer be required to quarantine upon arrival in Massachusetts.

The DPH added Colorado, Delaware, Pennsylvania and West Virginia to the lower-risk group effective Aug. 29 based on their case rates for COVID-19. The four states join six others already deemed to be low-risk: Connecticut, Maine, New Hampshire, New Jersey, New York and Vermont.

The four new states are the first ones added to the low-risk group since Massachusetts' new travel rules came into effect Aug. 1. Two other states — Hawaii and Rhode Island — were on the low-risk list initially but have since been removed based on rising case rates.

To be designated as a lower-risk state, a state must have a positive test rate below 5 percent and fewer

than six new cases per day per 100,000 residents. Both are measured on a seven-day rolling average.

Travelers from all states not on the low-risk list and any foreign country, including residents returning home and students arriving for the start of classes, must fill out a form available at mass.gov/matraveler upon arrival in Massachusetts.

Those travelers are required to quarantine for 14 days unless they can produce a negative COVID-19 test result that was administered up to 72 hours prior to arrival in Massachusetts.

Travelers would no longer be subject to the quarantine requirement if they receive a negative test result after they arrive in the state.

Those who do not comply with the requirement face a \$500 fine.

People passing through the state, people commuting across state lines for work, people traveling to Massachusetts for medical treatment, people complying with military orders, or people traveling to work in federally designated critical infrastructure sectors are exempt from the state's travel rules.

Beach Church Continues Through Oct. 11

Beach Church, the oceanside worship service held each Sunday morning on Wollaston Beach will continue through Sunday, Oct. 11.

Held each Sunday morning at 8 a.m., on Wollaston Beach between the Squantum and Wollaston Yacht Clubs, the brief 30 minute services are led by The Rev. Martha Swanson, pastor of Christ Church Mobile Ministries.

The intent of these services held each summer are to enable people to worship God in the beauty of nature and to reach out to the unchurched. Further, with many churches still not open due to the pandemic, church services on the beach are ideal for good social distancing. Folks are invited to bring a folding chair or a blanket.

Bethany Congregational

Bethany Congregational Church, 18 Spear St., corner of Coddington Street, is conducting its regular Sunday service at 9:30 a.m. on Sunday mornings.

Rev. Patrick McCorkle will preach. Music will be provided by Paul Frazer as soloist.

Masks and social distancing will be required. There will be no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you prefer to stay at home, the on-line service will be streamed at 9:30 a.m., and is also available on YouTube. To get to the Church website, type in: bethanycongregational.org and scroll down to the very bottom to find the link to the most recent service. This will give you not only the church service, but the bulletin and other information about what's going on at Bethany.

Or, you can go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

Quincy Point Congregational

On Sunday, Sept. 6, there will just be one service of Holy Communion (no outdoor this week), online on the Quincy Point Congregational Church YouTube Page.

Stay tuned for a start time. Google has given the church new parameters and worship will start at either 9:45 a.m. or 10:15 a.m. Don't forget your bread and juice for communion. Jeanne Lucas will be the soloist of the day and Rev. Kim's sermon is titled, "He's here."

The next two projected outdoor worship dates at QPCC are: Sept. 13 and Sept. 27. Outdoor worship is limited seating for 25 people on the Abbey Road, side lawn of the church. Reserve your spot at [http://quincypointcongregational.eventbrite.com](https://quincypointcongregational.eventbrite.com). (The Eventbrite reservation links are functional the Monday before worship).

Note: Sept. 13 is also Rally Day with the UCC theme of, "Rooted in Love." Reserve your spot early. Sunday school children and teachers will be doing a social distanced mission project of planting some flowers around the church grounds. More details will follow.

Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV- Channel 8 or if you have a voice remote or smart TV, simply say, "Quincy Point Congregational Church on YouTube."

The Church Office will remain open, Monday through Friday from 9 a.m. to 2 p.m. Call or email the church if you have any concerns or questions. Feel free to visit us on social media also; the church is on Facebook, Twitter and Instagram.



Downtown Construction Activities

Proposed work activities for the week of August 30th, 2020

- Work continues at Dennis Ryan Parkway this week with the contractor installing new streetlights.
- Work continues along the face of the 25 Temple St building for the future foundations. The sidewalk along Temple St remains closed during construction with the continued pedestrian detour. Businesses remain open during construction.
- Construction continues to the north and south foundation walls at the General's Bridge project. The contractor will continue to backfill between the foundation walls.
- The remaining demolition from the Payless Shoe Source store to the Noodle Design will continue this week. The sidewalk remains closed along Hancock St at the old buildings during construction. The temporary pedestrian detour remains in place. Pedestrians should continue to cross the street at the crosswalk before the project area.
- The contractor will continue new water and drainage infrastructure improvements for the General McConville Way project. While water improvement work continues, a temporary lane closure will occur along Cliveden St this week. The street will be reduced to one lane alternating in either direction while the new water infrastructure is installed. This work will take place between 7:00 a.m. and 3:00 p.m. with both travel lanes being re-opened at the end of each working day. The traffic entering from Walter J Hannon Parkway to Ross Way, should continue to travel north on Ross Way and exit through Cliveden St. A temporary turn around remains at the end of Ross Way adjacent to South Shore Health. In addition, the contractor will finish the soil abatement work at the north side of the site this week behind the Family Dollar Store adjacent to Granite St.

(The above photo is the new watermain being installed at the intersection of Walter J Hannon Parkway and Parkingway.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at pmccarthy@woodardcurran.com

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School Officials 'Anxious To Get Back To Normalcy'

Cont'd From Page 1

will use a hybrid approach at the start of the school year with all others learning remotely. Students in grades four through eight and nine through twelve could move from remote to hybrid learning in October and November, respectively, based on public health data. The School Committee will be responsible for deciding when those grades can return. Parents can also opt out of in-person learning all together.

Mulvey, in the interview, said the goal is to be able to return to full in-person learning when it is safe to do so.

"I think everyone agrees that there is no substitute for in-person learning and that the remote learning is just a process we've put in place in order to address the COVID-19 crisis and minimize any safety risks to our students while giving them the opportunity to still make educational progress," Mulvey said.

"We're hoping that COVID-19 will go away or a vaccine is found. I think I can speak for the entire system that we're very anxious to get back to normalcy and get out of this crisis."

Students throughout Massachusetts began learning remotely last spring after Gov. Charlie Baker ordered all schools to close. Mulvey said the remote classes for the new school year will be much different from the those that were held in the spring.

"The remote learning that will be happening now per state guidance needs to be live or synchronous. It needs to be very much like an in-person learning day or experience," Mulvey said.

"In other words, there has to be live instruction. There has to be feedback from teacher to student and student to teacher. There has to be social/emotional check-ins with the student.

There has to be assessment and tests to make sure we're monitoring how students are doing in the remote learning environment."

Mulvey said the district is concerned about students' social and emotional well-being and will be taking steps to address that.

"One of the bigger initiatives is dealing with the social/emotional impact that the COVID-19 epidemic is having on our kids," he said.

"Because of the remoteness of the learning that has been since March 14 and some components of remote learning that will continue based on the phased-in plan that School Committee approved, everyone is really concerned about the social/emotional impact on our students. Loneliness. Anxiety. Depression. School-phobia or a fear of returning to school.

"We've begun a district-wide professional development, called Project Adventure, that is specifically designed to address the social/emotional needs in many creative ways for our students so that we can keep them engaged, we can identify any struggling students and make sure they can get the help they need.

"For us, it is really critical because we don't want any students falling through the cracks, in particular with regard to social/emotional help. That is a very big and very important initiative that we're doing at the moment."

Mulvey said the district is working with the Department of Natural Resources, which oversees the city's recreation division, and Health Commissioner Ruth Jones to create new after-school opportunities for the upcoming school year. Those programs will be offered five days a week

starting at 3 p.m. on full schooldays and 1 p.m. on Wednesday early release days.

"Those programs are going to be critical because it's going to really help the social/emotional well-being of our students to get them out there, getting them socialized - particularly those students that are going to be availing themselves of the full-remote program," Mulvey said. "These programs will allow students to socialize safely with their peers and engage in fun activities that will hopefully help their social/emotional well-being."

Normal school clubs will also continue to operate, within new safety guidelines.

"There will definitely be school clubs. We will be working to probably develop both remote clubs and potential in-person clubs that could meet safely," Mulvey said.

"Any opportunities we can do to give our kids we will certainly be willing to do it, including using outdoor venues for that, if it can be done safely. All of the clubs we typically have, we're going to try to run as many as we can as long as we can do it safely and within the safety guidelines."

As an example, he noted the band program would be offered outdoors this year

with ten feet of distancing between all participants.

Mulvey said school officials have been working with three large daycare providers - Quincy Afterschool Child Care, the YMCA and Stars - to develop a plan to provide daycare for students and the children of teachers who require supervision during the days they are learning remotely.

"They have been great to work with and we have been planning for probably the past month or maybe more on putting a plan together to provide daycare for families during the day that may need it, including our own teaching staff," Mulvey said.

"That would provide daycare for those students that have no supervision at home, and it would allow them to do their remote learning also while in these programs and being properly supervised by the staff members of these programs.

"We're hoping we can do it. It will really be dependent on the interest of the community and the teaching staff. If we have a high interest, then it will be obviously financially feasible for these companies to do it."

A survey will be sent out to parents and staff to determine if the program would be feasible, the superintendent said.

"We're hoping the program works and we'll cer-

tainly be providing the space for that to happen in our schools. We think it will be a great effort if there is interest by the parents to avail themselves of it," Mulvey said.

There would be a cost for participating in the daycare program, he stated, but it would be less than typical daycare.

"What the cost is hasn't been determined yet, but it will be much more reasonable than typical daycare we believe," Mulvey said. "It will be something that we will work out with the three companies."

The district, he added, would be willing to work with families might that not be able to afford the daycare program.

Mayor Thomas Koch in March announced he planned to purchase 7,000 Chromebooks - enough for every student in grades five through twelve - using federal CARES Act funds. Mulvey said the first shipment of those laptops should arrive in September with the rest arriving later in the fall.

"Back in March, thanks to the mayor's support through the CARES funding and the School Committee's support of the mayor's

efforts, we were able to purchase 7,000 Chromebooks, which is great news," Mulvey said. "The flipside of that is because of global demand for Chromebooks - not just in the United States or Massachusetts, but globally - there is a shortage apparently of Chromebooks, which is slowing down the delivery of those Chromebooks."

"We were told maybe about a month ago that the Chromebooks may not be delivered until mid-November. So, the mayor's office, my office, called the commissioner of education and the governor's office and together we were able to work with Dell, so we were able to become of the state procurement for Dell Chromebooks."

"We are expected to get, through all of those agencies' efforts, about 2,453 Chromebooks by mid-September. That's the estimate, which isn't the 7,000 we're asking for, but with that, in conjunction with the 1,400 Chromebooks we have on hand at the moment, we should be able to meet the needs of our students until the remainder of Chromebooks come in late October or early November."

Gasoline Prices Up 5 Cents

Massachusetts's average gas price is up five cents from last week (\$2.11), averaging \$2.16 per gallon. Today's price is 3 cents higher than a month ago (\$2.13), and 47 cents cheaper than Aug. 31, 2019 (\$2.63). Massachusetts's average gas price is 6 cents lower than the national average.

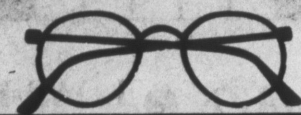
The national gas price average spiked by a nickel on the week to \$2.23, but is expected to push cheaper in the week ahead. Pump prices jumped as a result of Hurricane Laura and an increase in demand to one of the highest measurements of the year.

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THE FLAVOR OF THE MONTH IN SEPTEMBER IS SOUTHERN PECAN STICKY BUN

SEASONALS:

Pumpkin Spice
— and —
Vermont Maple
Nut Crunch

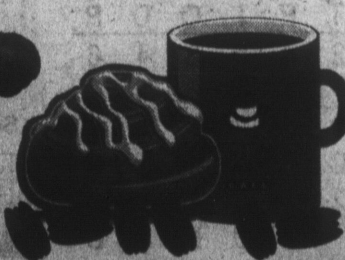
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Public Access Channel 8

Thursday, September 3
5:00pm: Bethany Congregational Church
7:00pm: CIQ Interviews: Quincy Career Center

Friday, September 4
11:30am: Currently In Quincy
7:00pm: CIQ Interviews: Quincyc's

Saturday, September 5
12:00pm: TCPL Presents: Basic Bike Maintenance
7:00pm: The Call

Sunday, September 6
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, September 7
12:00pm: TCPL: African-American Music
5:30pm: CIQ Interviews: Interfaith Social Services

Tuesday, September 8
7:00pm: AM Quincy: Mayor Thomas Koch
8:00pm: TCPL: Boosting Wellness

Wednesday, September 9
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, September 3
7:00pm: TCPL Presents: Cooking with Colin
Veggie Burgers and Sausages
8:30pm: At Your Library: September Happenings

Friday, September 4
8:00am: MA House of Reps Session 8/27
6:00pm: Media Advisory: QFD Promotions
7:30pm: Quincy Zoning Board of Appeals 8/25
8:30pm: TCPL Presents: Basic Bike Maintenance

Saturday/Sunday, September 6
11:00am: At Your Library: September Happenings
3:30pm: Quincy Zoning Board of Appeals 8/25
8:30pm: TCPL Presents: Bike Commuting Basics

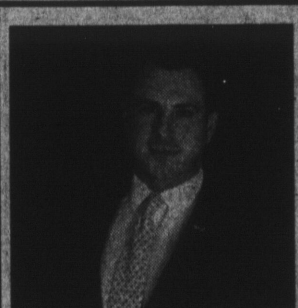
Monday, September 7
7:30pm: At the Library: Squeezebox Stompers
8:30pm: At Your Library: September Happenings

Tuesday, September 8
7:00pm: TCPL Presents: A Journey Through the
Roots of American Popular Music
8:30pm: Media Advisory: QFD Promotions

Wednesday, September 9
2:00pm: At the Library Concert: Sweet Wednesday

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



Armando Agnitti, Esq., CISR
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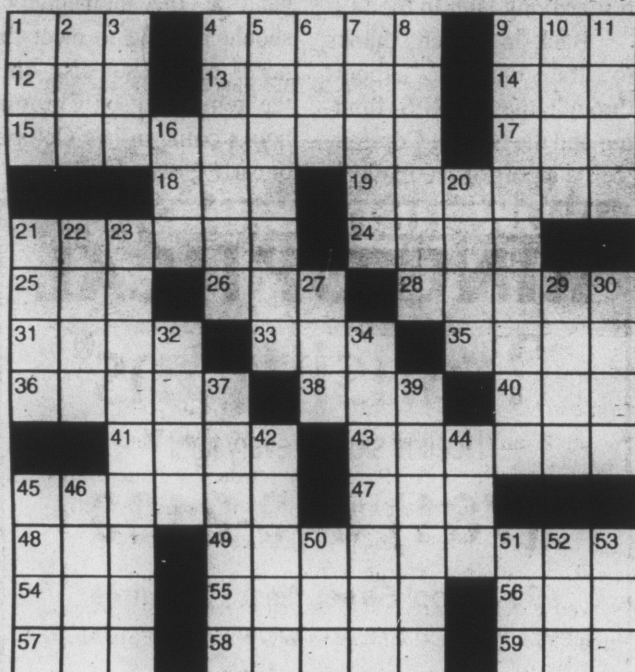
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SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Place for pampering
4 Bedouins
9 Gasoline stat
12 Samovar
13 Actress
14 A billion years
15 Update
17 Bookkeeper (Abbr.)
18 Young fellow
19 Shun
21 Feast alternative
24 — land (spaced-out site)
25 Eggs
26 Attempt
28 Paul or Lloyd of baseball lore
31 Gear teeth
33 Collection
35 Go off the board
36 Central
38 Turf
40 Londoner's last letter
- DOWN**
- 1 Total
2 In favor of
3 Moreover
4 Extreme
5 Furnishes
6 Blackbird
7 Gem facet
8 Playground fixture
9 Replace personnel with robots
10 Pontiff
- 41 Reverberate
43 Hourglasses, e.g.
45 Common condiment (Var.)
47 Historic period
48 Boxing legend
49 Spellbind
54 Namely (Abbr.)
55 Cook with radiant heat
56 Cacophony
57 Chowd down
58 Impudent
59 Choose
- 11 Chew like chipmunks
16 Inventor
20 Dressed
21 Central points
22 Shakespeare's river
23 Make attractive
27 Indeed
29 Always
30 Cincinnati team
32 Moments, for short
34 Re clan emblems
37 Compass points
39 In a catastrophic way
42 "The Phantom of the —"
44 Scratch
45 Vena —
46 Settled down
50 Old French coin
51 Altar affirmative
52 Energy
53 Med. specialty



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MAGIC MAZE • LOAD-BEARING WORDS

DBYWURPNKIGDBRZ
XVSDQOMKIGECEAY
WDUSADQDPDDDDND
LDAD(BOATLOAD)AAA
JHAOAOLOFOOOOEO
CDAOLONRLALLLYL
XVUPLRLEATKSKEM
QPONMNEYKCNJCHR
FTECBRUVAZUOUYA
DAOLFFOBOPRXXRVU
TRQPOMLKIHTGTFE

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Armload	Freelader	Offload	Top-load
Backload	Front-load	Overload	Truckload
Boatload	Loader	Payload	Trunkload
Carload	No-load	Reload	

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HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Cloud has moved. 2. Sun/glasses have been added. 3. License plate is missing. 4. Dog's leash is longer. 5. Bird has been added. 6. Cactus is closer.

Trivia test

by Fifi Rodriguez

1. U.S. STATES: Which state has the only flag that isn't rectangular?
2. GOVERNMENT: What is the subject of the eighth amendment to the U.S. Constitution?
3. TELEVISION: What was the name of Jed Clampett's bloodhound on "The Beverly Hillbillies"?
4. GEOGRAPHY: Which country is home to a giant formation known as Ayers Rock (Uluru)?
5. ADVERTISING: Which company's advertising mascot was a camel named Camel?
6. FAMOUS QUOTATIONS: Which 20th-century novelist wrote, "And all the lives we ever lived and all the lives to be are full of trees and changing leaves"?
7. MEASUREMENTS: How many tablespoons are in a half cup?
8. LITERATURE: What was the name of the tiger in "The Jungle Book"?
9. SCIENCE: When did the first space shuttle launch?
10. MOVIES: Which 1980s movie had the tagline, "He may be dead but he's the life of the party"?

Answers

1. Ohio
2. Prohibits cruel or unusual punishment
3. Duke
4. Australia
5. GEICO
6. Virginia Woolf
7. Eight
8. Shere Khan
9. 1981
10. "Weekend at Bernie's"

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7 5 3 8 6 8 4 6 4 6 2 4 3
Y D H D B O S R T I S A A
6 4 5 2 3 4 2 3 8 3 6 2 3
G Y A T S I U T R E H D N
7 8 3 7 5 6 5 3 2 7 5 6 5
O E D U R T I E Y A N O G
7 2 3 8 3 4 2 4 7 5 4 5 2
R F C S I N O T E I O D R
6 5 6 3 8 7 6 2 4 5 3 4 6
U E T S E C L P U A I C O
8 4 6 8 2 7 6 8 3 8 2 3 7
A H O R R H K C O H O N E
3 2 7 2 7 2 7 2 7 2 7 2 7
S M R O I T S I H O E N D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Cupid is strong in the Aries aspect this week, with the cherub opening romantic possibilities for single Lambs, and strengthening ties 'twixt loving pairs already in a caring relationship.

TAURUS (April 20 to May 20) Your dramatic flair might make things more interesting as you recount an event to your colleagues. But be careful not to exaggerate reality to the point that facts and fancy combine to form fiction.

GEMINI (May 21 to June 20) You love to talk, and this week you should get lots of chances to share your thoughts with people who will not only pay attention to what you have to say, but will want to hear more.

CANCER (June 21 to July 22) The pattern of recent changes could begin to shift from mostly workplace-related events to more personal matters. Continue to keep an open mind as you prepare to deal with them.

LEO (July 23 to August 22) Reward yourself for what's sure to be a dynamic week with a getaway to someplace wonderful, hopefully with a wonderful someone. You'll return refreshed and ready for what's ahead.

VIRGO (August 23 to September 22) You might want to suggest resolving an old disagreement before it can affect a matter expected to come up for discussion. It's always best to start with a clean slate.

LIBRA (September 23 to October 22) The week favors combining dollops of

creativity and practicality to work out both professional and personal problems. A longtime friend could have something of note to suggest.

SCORPIO (October 23 to November 21) Some surprising facts could come to light if you decide to probe deeper into an "opportunity" than you might usually do. What you'll learn could determine what you'll earn.

SAGITTARIUS (November 22 to December 21) Someone close to you might seek your counsel. Hear him/her out, but hold the line at giving actual advice until you get credible answers to all your questions.

CAPRICORN (December 22 to January 19) What seems to be an overwhelming workplace project can be dealt with quite well if you handle one category at a time. Things will soon begin to fall into place.

AQUARIUS (January 20 to February 18) A personal matter might need more of your time than you had expected. Try to prioritize between your many outside commitments and your domestic responsibilities.

PISCES (February 19 to March 20) A developing situation still needs more time to grow, and more time to study before you can plunge in and make some attention-getting waves. Patience is best for wise Pisceans.

BORN THIS WEEK: You have a gift for organization that would make you a fine archivist. (Are you listening out there, Library of Congress?)

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: P equals R

MAB EDE SAFE ZHTTO QMPAYXM

QMLQ HLPXT TLPQMGYLUT?

D ZYOOAZT MT BLZ ZMLUTF,

SYQ FAQ ZQDPTEI

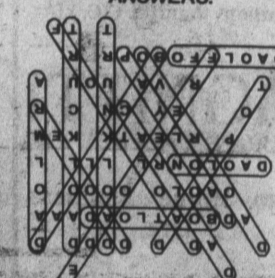
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King Crossword — Answers

Solution time: 21 mins.



Magic Maze ANSWERS:



CryptoQuip answer

but not stirred!
I suppose he was shaken.
That large earthquake?
How did Bond sleep through

S
E
P

3

2
0
2
0

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — What could bring rival, cutthroat studios such as Warner Brothers, NBC Universal, Disney, BBC Studios, Lionsgate and MGM together? Jeffrey Katzenberg, former chairman of Disney and co-founder of Dreamworks, and Meg Whitman, formerly on the board of Procter & Gamble, Dropbox and the CEO of Hewlett Packard, have gotten these competitors to invest in their brainchild, Quibi. Quibi is a mash-up of the words "quick" and "bites," and it's a new subscription-based streaming platform for scripted and unscripted content for viewing solely on your cellphone. Quibi's main launch premiere was July 20-29 with chapters of "Die Hart," starring Kevin Hart and John Travolta. Is this what we've come to? The highest-grossing films are epic superhero movies on IMAX giant screens. Are we now reduced to watching bits films on our phones in the palm of our hand? And why would any celebrity want to shoot a movie delivered in 10 minutes or less? The service costs \$5 monthly, \$8 if you want it commercial free. You, the jury, must deliberate now.

Are you ready for the upcoming musical adaption of "Cyrano" (de Bergerac)? Four-time Emmy winner Peter Dinklage did the title role in a stage adaption at Connecticut's Goodspeed Opera House and off-Broadway in 2018. Haley Bennett, who played Roxanne opposite him, also has been cast along with Brian Tyree Henry and Ben Mendelsohn. The adaption was written by Dinklage's wife, Erica Schmidt.

The former "Game of Thrones" star has the thriller "I Care a Lot," with Eiza Gonzalez, Rosamund Pike, Dianne Wiest and Chris Messina, awaiting opening dates.

At long last, Sir Andrew Lloyd Webber has come clean about the movie "Cats": "The problem with the film was that Tom Hooper decided he didn't want anybody involved who was involved in the original show, the whole thing was ridiculous." Sir Andrew didn't appreciate being eliminated from the equation. At least "Cats" swept "The Razzie Awards" winning worst picture, worst supporting actors (James Corden and Rebel Wilson), worst on-screen combo, worst screenplay and worst director. Note to Tom Hooper, "The King's Speech" Oscar-winning director who also made "Les Misérables" and "The Danish Girl," "Cats" needed to be shot like Disney's reboot of "The Lion King," with the right kind of CGI for animal movies, not people in cat suits.

Eight-time Oscar nominee Bradley Cooper, presently shooting Guillermo del Toro's "Nightmare Alley," with Cate Blanchett, Willem Dafoe and Toni Collette, will next work with director Paul Thomas Anderson. Bradley would play a young actor in 1970s Hollywood in the as-yet-untitled film. It should be interesting to see how a 45-year-old Cooper plays a young actor. Is that called recapturing your youth?

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		-		20
-		x		÷	
	+		x		12
x		-		+	
	x		-		12
15		14		15	

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Dough Box — Your great-grandmother may have used this antique box in her kitchen, but not many of us use it today since there are newer, faster ways to get the same result. The pine box is 27 inches high by 36 inches wide and 21 inches deep. It has dovetailed sides and tapered legs. The removable top is made of two boards. Give up? It is a dough box used for proofing bread dough.

The box was filled with flour, then water was added and the mixture was kneaded. More ingredients were added, including yeast, and more kneading. Then a rest, letting the dough rise, punching it down, kneading it again, reshaping and letting it rest. This was done several times. When the dough felt right, the box was covered and moved to a warm place where the dough could "proof." That is what the final rise is called. It was shaped again, put in the oven and baked.

Families ate a lot of bread, and most housewives made bread at least once a week. The finished bread was taken from the oven to rest on the lid of the dough box, then cut and served. And the lid had another use. It kept the mice and bugs away from the bread. The antique box sold for just \$219. Today they make electric proofing boxes to do this work.

Q: I have two Cabbage Patch Kids dolls from 1985 that I would like to sell. Both have "birth certificates," "adoption papers" and their original clothes. Would you let me know what they are worth?

A: Cabbage Patch dolls were first made in 1977 by a 21-year-old art student named Xavier Roberts of

Helen, Georgia. He called them "Little People Originals" and sold them at craft shows across the South. In 1982, toy manufacturer Coleco Industries became the licensed manufacturer, and the name was changed to Cabbage Patch Kids. The fad had faded by about 1986. In 1987, Coleco introduced a "talking" Cabbage Patch Kid doll as a last-ditch effort to renew interest, but the company went bankrupt in the late 1980s. Cabbage Patch Kids dolls sell in online shops from \$10 to about \$25. Dolls in original packaging with their adoption papers sell for about \$50. Some very rare dolls sell for more.

CURRENT PRICES

Spatterware pitcher, American eagle, shield, arrows, blue, footed, c. 1850, 11 1/2 inches, \$110.

Mochaware dry mustard pot, cylindrical, bell-shaped lid, seaweed, orange ground, c. 1900, 4 3/4 inches, \$250.

Rose Mandarin punch bowl, Chinese figures, courtyard, birds, flowers, medallions, 10 1/4 inches, \$400.

Sampler, alphabet, nine alphabet and numeral rows, two chimney house, flowering tree, Martha Ann Dearing, 1819, 16 3/4 x 21 1/2 inches, \$870.

TIP: Don't pull an old book off the shelf by the spine, and don't pack books on the shelf so closely that it is a struggle to get a book out.

For more collecting news, tips and resources, visit www.Kovels.com

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Strange BUT TRUE

* It's illegal to kill Bigfoot in British Columbia. That is, if you ever actually run across him.

* In March 2019, the Roosevelt Hotel in New Orleans celebrated its 125th anniversary by offering a free seven-night stay in the presidential suite, along with complimentary private dinners and spa treatments worth \$15,000. But this wasn't your everyday giveaway — the prize was only available to the person who returned the "most outrageous" item ever stolen from the hotel!

* The earliest toothpaste was made in ancient Egypt from crushed pepper, rock salt and dried flowers. No, it wasn't particularly effective.

* Speaking of toothpaste, that blob on your toothbrush is called a nurdle.

* Enjoy the smell of fresh-cut grass after mowing your lawn? Researchers have determined the scent is a chemical compound given off by plants in distress. They emit a similar odor when attacked by caterpillars or other predatory insects.

sects.

* Grooves in the road on Route 66 play "America the Beautiful."

* In 1979, Elvita Adams, jobless and facing eviction, attempted suicide by jumping off the 86th floor of the Empire State Building but survived with just a fractured pelvis when she was blown back to the 85th floor by a strong gust of wind.

* When the first Spanish explorers arrived at the Yucatan peninsula, they naturally asked what the area was called. The response, "Yucatan," was a Yucatec Maya word meaning "I don't understand what you're saying."

* Chimpanzees can identify each other from pictures of their butts.

* The average male becomes bored with a shopping trip in about 26 minutes. His female companion typically lasts two hours.

* Almost 163,000 pints of Guinness beer are wasted in facial hair each year.

Thought for the Day: "The way I see it, if you want the rainbow, you gotta put up with the rain." — Dolly Parton

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Now here's a tip!

by Jo Ann Derson

* "Whenever a stew or soup recipe calls for whole herbs to be used and then taken out later, I put them in a tea infuser. I could never seem to get them all before, and inevitably someone would be served a whole bay leaf or such. This makes it fool-proof." — J.R. in Georgia

* You can use an old toothbrush or nail brush to get grime out of the hinge area of the toilet seat.

* If you have a plant cutting you are trying to root in water, here's a tip to keep the end from resting on the bottom of your container: Use a twist tie wrapped around the stem on one side and hooked over the edge of the container on the other.

* "Whenever I get new e-mail addresses, I always add them to my online address book. I also write them in my old-fashioned paper address book.

dress book. Sounds like a no-brainer, but you'd be surprised by how many people rely on their e-mail address book to remember all those addresses. It just takes one time for a computer virus to erase everything — not to mention if something happens to your hard drive. Just a reminder!" — B.R. in Pennsylvania

* Using ice-cold sour cream instead of ice-cold water in your pie crust recipe will give you a flakier crust.

* Here's a tip to gauge your exercise level: If you can't get out a sentence, then you are in a high intensity phase. If you can't talk at all during your entire workout, you are going too hard.

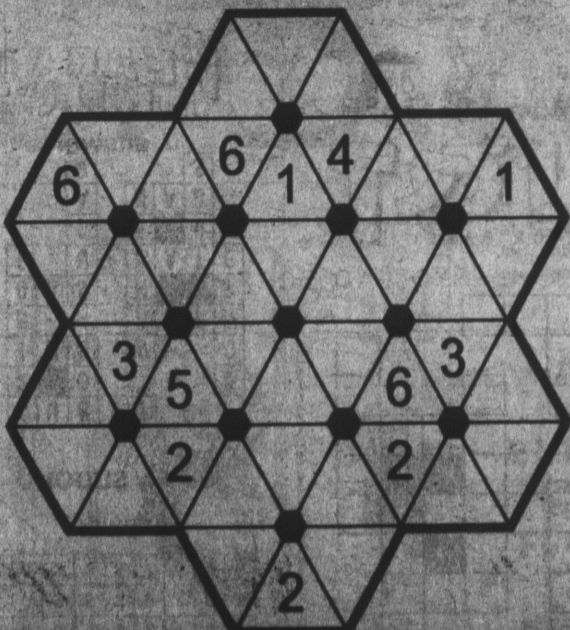
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

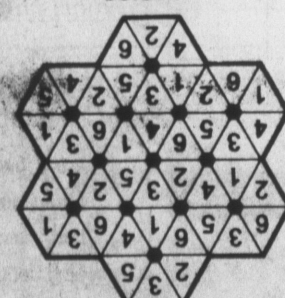
What is the probability of rolling a six when a die is tossed twice?

- A) 1/2
- B) 1/36
- C) 5/36
- D) 1/12
- E) 7/36

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SNOWFLAKES

solution



Go Figure!

answers

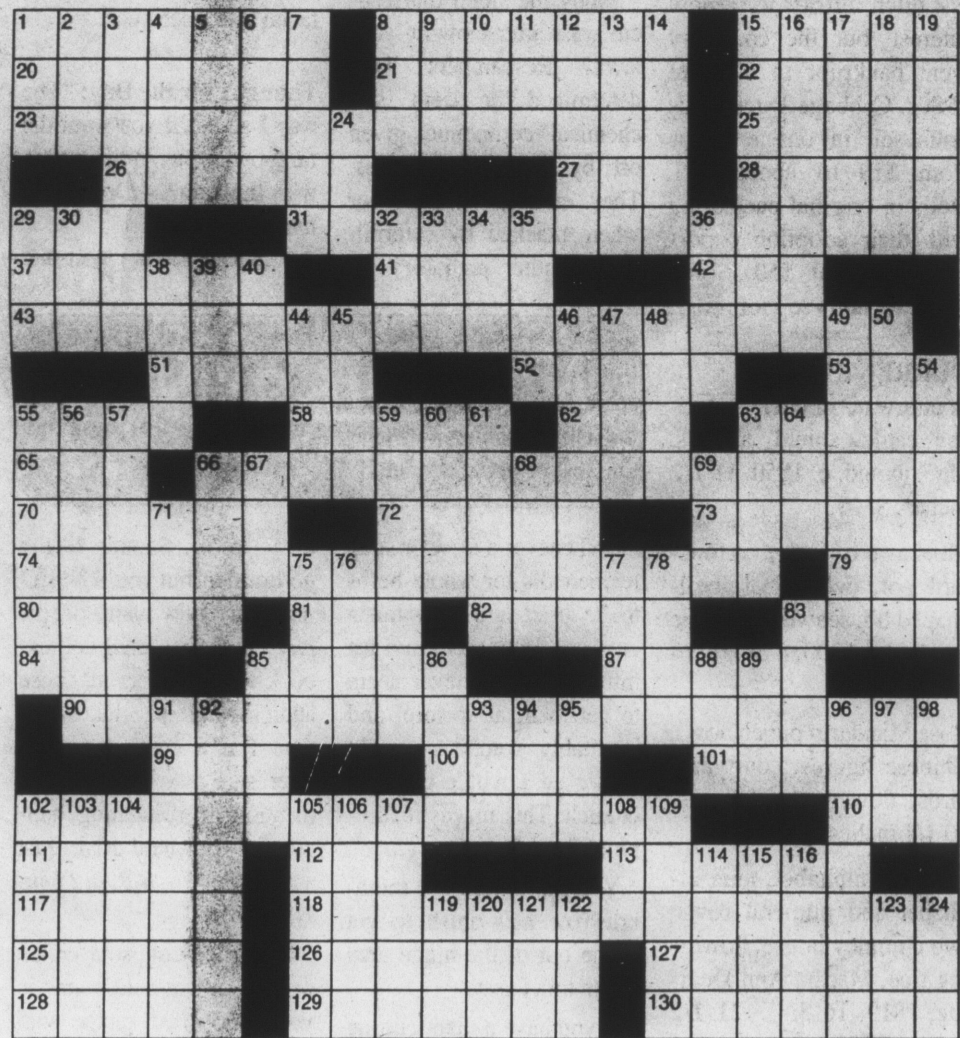
15	14	15
12	8	5
	+	x
12	1	6
	+	+
20	7	9

Stickels Answer
The probability of getting a six is 1/6. The probability of not getting a six is 5/6. So the probability of getting one six in two is 1/6 x 1/6 = 1/36. The answer is C) 5/36.

Super Crossword

THE END IS IN SIGHT

- ACROSS**
- 1 Rum brand
 - 8 River of D.C.
 - 15 Winger of Hollywood
 - 20 Qom native
 - 21 Great Plains tribe
 - 22 "Sk8er Boi" singer
 - 23 Method of making customers' mixed drinks?
 - 25 Surrender
 - 26 Dairy farm machine
 - 27 Mai —
 - 28 Silthery creature
 - 29 Metal deposit
 - 31 Added a coward as a Facebook connection?
 - 37 "Unto the Sons" author
 - 41 Apple center
 - 42 Aries article
 - 43 Prosecuting attorney's statement about his last-ever client?
 - 51 Bewildered
 - 52 Dentist's filler
 - 53 On the — (in hiding)
 - 55 Gift add-ons
 - 58 Nice smell
 - 62 "A mouse!"
 - 63 Popular pain reliever
 - 65 Golf rarity
 - 66 Noted U.S. lithographer
 - 70 One nosing around
 - 72 R&B singer with the 2003 hit "4Ever"
 - 73 Exemplars
 - 74 Forebode the spilling of
 - 79 Golf ball holder
 - 80 Black —
 - 81 Wide foot spec
 - 82 Yule tunes
 - 83 Bunks, e.g.
 - 84 TV "Science Guy"
 - 85 Carb
 - 87 Bellybutton variety
 - 90 Email a large image file in error?
 - 99 Color tone
 - 100 Vivacity
 - 101 Nasty type
 - 102 Funds given to a certain soccer player?
 - 110 IM giggle
 - 111 Lift up
 - 112 Teeny-tiny
 - 113 Seer's site
 - 117 Estate in the country
 - 118 Trumpeting beast wins someone's affection?
 - 125 Ashley or Mary-Kate
 - 126 Monte Carlo locale
 - 127 Vail, for one
 - 128 Must have
 - 129 Get more precipitous
 - 130 Climbed monkey-style
 - DOWN**
 - 1 Baby's tie-on
 - 2 Football coach
 - 3 Parseghian
 - 3 Tony's wife on "The Sopranos"
 - 4 Voting "nay"
 - 5 Cambodian money unit
 - 6 Like a cold, damp cellar
 - 7 Like the article "a" or "an": Abbr.
 - 8 Golf average
 - 9 Hosp. scrubs sites
 - 10 Longest river in Scotland
 - 11 Photo finish?
 - 12 Photo finish
 - 13 In advance
 - 14 Waggish sort
 - 15 Hotel chain with a sun logo
 - 16 Showed plainly
 - 17 Rest period
 - 18 Post Rainer Maria —
 - 19 Mayflower man John
 - 24 Make a gaffe
 - 29 Giant Mel
 - 30 Yell of cheer
 - 32 Here, in Haiti
 - 33 Long period
 - 34 Gun org.
 - 35 Salami seller
 - 36 Rock's Lewis
 - 38 JFK data
 - 39 JFK jet, once
 - 40 Lifesaving team, in brief
 - 44 2018 is one
 - 45 TV's Jamie
 - 46 Lacking in variety
 - 47 Absconded
 - 48 Counterfeit
 - 49 Lift up
 - 50 Untangled mementos
 - 54 Untidy states
 - 55 New York's — Zee Bridge
 - 56 "AWOL" or "FAQ," e.g.
 - 57 1714-27 king of England
 - 59 Most unctuous
 - 60 Lo — (Chinese dish)
 - 61 Songwriter Harold
 - 63 Totals (up)
 - 64 Falsification
 - 66 Middle marks
 - 67 Large vase
 - 68 Retort to "Are not!"
 - 69 Author Anais
 - 71 Letters on an AC
 - 75 Actor Bruce
 - 76 Yard intruder
 - 77 Bump on —
 - 78 "The jig —"
 - 83 Test version
 - 85 Action
 - 86 Old New York ballpark
 - 88 Robbins of "Short Cuts"
 - 89 Hard water
 - 91 Forked (out)
 - 92 Many beach mementos
 - 93 TV Tarzan player Ron
 - 94 "Thwack!"
 - 95 Ending for serpent
 - 96 Get rid of, as a bad habit
 - 97 — de Oro
 - 98 Silthery creature
 - 102 — Rex (cat variety)
 - 103 Force out of the country
 - 104 Counterfeit
 - 105 Water jugs
 - 106 Ignited anew
 - 107 Ink
 - 108 "Just joking!"
 - 109 Hair lock
 - 114 Egyptian sacred cross
 - 115 Twice CCI
 - 116 Stant
 - 119 Bakery buy
 - 120 With it, man
 - 121 Exist
 - 122 "The Mugger"
 - 123 R&B singer
 - 124 Bummed out



celebrity extra

by Dana Jackson

Q: When is the "Dune" trailer going to be released? Timothee Chalamet said it would be before September. — J.K.

A: Hopefully, by the time you read this, a trailer (otherwise known as a movie preview) will be available online. Timothee Chalamet, who stars in the remake of "Dune," said on social media that we could expect a trailer before September.

"Dune" is a classic science-fiction novel set on a desert planet that was first turned into a movie back in 1984 by director David Lynch and starred Kyle MacLachlan, pre-"Twin Peaks" fame, and Virginia Madsen. It was not well-received, but with the resurgence in popularity of the sci-fi genre, it's not surprising that someone out there would remake it. That someone is director Denis Villeneuve, who was also behind the remake of the classic "Blade Runner" titled "Blade Runner 2049." The new "Dune" has star power going for it with the Oscar-nominated Chalamet ("Call Me by Your Name") and Jason Momoa ("Aquaman"). With the dearth of new movies in theaters because of the pandemic, when

it does hit cinemas, it's bound to be a smashing success. In the meantime, enjoy the trailer. You can stay up-to-date on all things "Dune" through its official website, www.warnerbros.com/movies/dune.

Q: How are the "Married at First Sight" and "Teen Mom OG" reality-show stars being paid? My friends and I love these shows. Is the marriage and honeymoon paid for? — M.D.

A: It depends on whom you ask. Chris Coelen, executive producer of Lifetime network's "Married at First Sight," told "The Wrap" that the couples are paid "almost nothing." He said this is to ensure that the participants have pure intentions in their search for love and not just greed. According to "In Touch Weekly," though, an anonymous production assistant stated that what Coelen deems a low wage is actually \$1,500 per episode. Since the show's inception in 2014, the percentage of couples who have stayed together has dipped to as low as 20%.

As for MTV's "Teen Mom OG," it's a spinoff of its first teen pregnancy show "16 and Pregnant," which debuted in 2009. These women have a large following and reportedly get paid anywhere from \$25,000 per episode to \$500,000 per season. I would imagine that the stars of both reality shows make



Timothee Chalamet
Photo credit: Depositphotos

extra money through their social-media accounts, like Instagram, if they advertise products. There are a lot of perks to being a reality show star!

Q: Will the new "Penny Dreadful" series that takes place in the 1930s be back for another season soon, or at least in 2021? I liked it even more than the original show. — S.F.

A: Unfortunately, "Penny Dreadful: City of Angels," starring Natalie Dormer and Nathan Lane, has been canceled by Showtime after just one season. Despite earning good reviews, the numbers must not have been up to the cable channel's expectations, and so the show ended for good on June 28.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

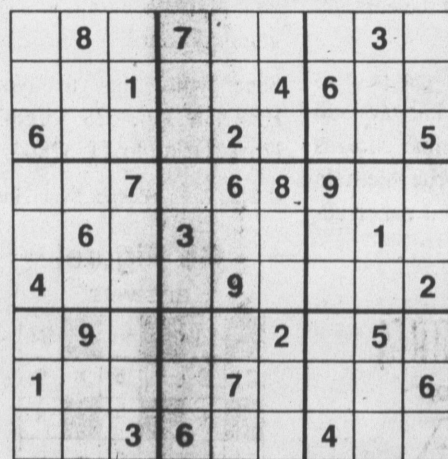
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|---------------------------|-------------|----------------------|-------------|
| 1. Household duty | — — — — R — | Selected | — — — — S — |
| 2. Deputy Fife | — — — — N — | Brewmaster's grain | — — — — L — |
| 3. Estate house | — — — — N — | Army officer | — — — — J — |
| 4. Speak | U — — — — | Playful river mammal | O — — — — |
| 5. Sound of loose change | — I — — — — | Tarzan's home | — U — — — — |
| 6. Canonized person | S — — — — | Almost undetectable | F — — — — |
| 7. Great peril | — — — — G — | Ballerina, e.g. | — — — — C — |
| 8. Kangaroo's pocket | — — — — U — | Terrace | — — — — R — |
| 9. Valentine shape, often | — — — — T — | Listened to | — — — — D — |
| 10. Highly skilled | — — — — E — | For sale abroad | — — — — O — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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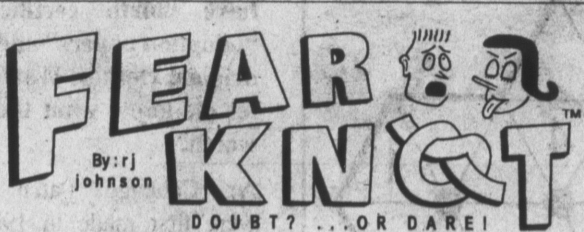
Super Crossword

Answers

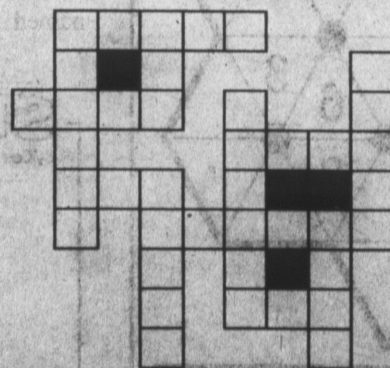


Even Exchange answers

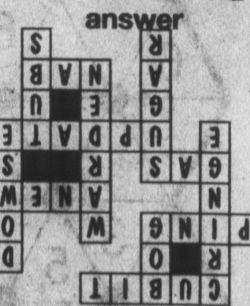
- | | |
|--------------------|-------------------|
| 1. Chore, Chose | 5. Jingle, Jungle |
| 2. Barney, Barley | 4. Utter, Otter |
| 3. Manor, Major | 3. Pouch, Porch |
| 7. Danger, Dancer | 2. Saint, Faint |
| 8. Pouch, Porch | |
| 9. Heart, Heard | |
| 10. Export, Export | |



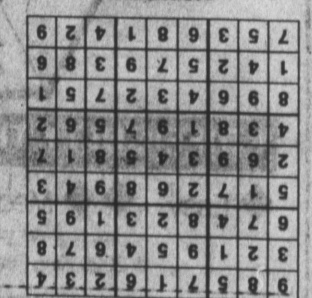
- ♥ ABN
- GRNIC
- GRUSA
- ♥ ENWA
- TUDPEA
- ♥ GSA
- GIPN
- BUTCI
- ♥ BGO
- ♥ RADNEW
- ♥ SWEDO
- ♥ USBT



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHER becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU
Answer



S
E
P

3

2
0
2
0

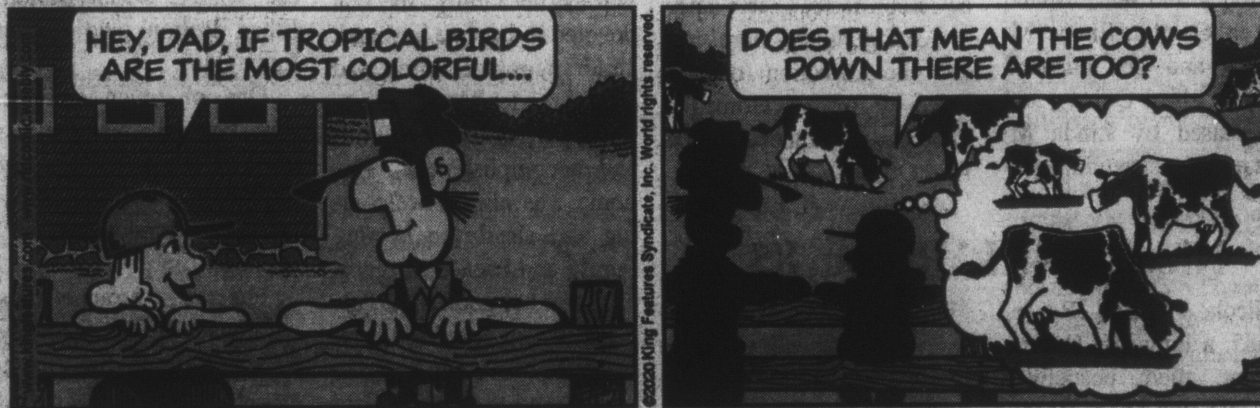
Amber Waves



Out on a Limb



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Mollusk	TIMPEL		
Moment	ENDOC		
Primitive	FLAUDE		
Finish	PHOILS		

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

2	4	1	2	5	2
3	2	4	5	3	6
6	4	3	1	2	5
4	3	4	6	3	1
1	5	2	1	6	4
5	2	4	2	3	3

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Is a Cat Enclosure Inhumane?

DEAR PAW'S CORNER: My neighbor, when she's doing yardwork, routinely puts her cat into something that looks like a chicken coop. It has a screen enclosure and a little wooden house. I'm very worried that the cat is too hot sitting in the enclosure and will get injured. Should I tell her to keep her cat inside? - *Worried Neighbor in Wichita*

DEAR WORRIED: Your neighbor is probably putting the cat inside a cat enclosure - or maybe a repurposed chicken coop. Cat enclosures are getting very popular, especially in the cities and suburbs. These are a good way for an indoor cat to spend some time outdoors without the risk of running away, getting lost or being attacked by another animal. It can reduce exposure to fleas and ticks,

too. If the cat has a shady place to hide from the sun while inside the shelter, and a bowl of fresh water, it is just fine to be in there for short periods (an hour or two). Since your neighbor is outside and within sight of the cat, it's clear that she is keeping an eye on it. If you want to have a conversation about it, be polite. "That's a neat enclosure; what a great way for your cat to get outside for a while!" is perhaps the best icebreaker in this case. Otherwise, if the cat does not appear distressed and is sitting or lying calm and alert, then there's nothing to worry about, especially if your neighbor brings the cat inside after finishing the yardwork. If you have serious concerns (the cat is in the enclosure 24/7, looks very distressed or unhealthy), consider striking up a conversation or, if you're uncomfortable doing that, contacting animal control.

Send your tips, comments and questions to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of August 31, 2020

- Top 10 Video On Demand**
- The Tax Collector (NR) Bobby Soto
 - Made in Italy (R) Yolanda Kettle
 - The Silencing (R) Nikolaj Coster-Waldau
 - The Deep Blue Sea (R) Rachel Weisz
 - Trolls World Tour (PG) animated
 - Secret: Dare to Dream (PG) Katie Holmes
 - You Should Have Left (R) Kevin Bacon
 - The Outpost (R) Caleb Landry Jones
 - The Secret Garden (PG) Dixie Egerickx
 - The Rental (R) Dan Ste-

- Top 10 DVD, Blu-ray Sales**
- Scoob! (PG) Warner Bros.
 - Trolls World Tour (PG) Universal/DreamWorks
 - Paw Patrol: Dino Rescue (NR) Paramount/Nickelodeon
 - The Mule (R) Warner Bros.
 - Jaws (PG) Universal
 - Sonic the Hedgehog (PG) Paramount
 - Top Gun (PG) Paramount
 - Rampage (PG-13) Warner Bros.
 - Ride Along 2-Movie Collection (PG-13) Universal
 - Jurassic World (PG-13) Universal
- Sources: comScore/Media Play News

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Hitori answer

3	3	2	4	2	5
4	6	1	5	2	1
1	3	9	4	3	4
5	1	2	3	4	6
6	3	2	4	5	3
2	4	1	2	5	2

SCRAMBLERS
Today's Word
3. Feudal; 4. Polish
1. Limpet 2. Second;
solution

OBITUARIES

Matthew J. Danick, 47

Matthew J. Danick, of Quincy, died suddenly in his home at age 47 on Aug. 27.

Born in Boston, he was the son of Kathleen (Morris) Stedman of Quincy, the late Paul Danick and Richard Stedman. He was the beloved husband of Amy L. (Landers) Danick of Quincy, and the devoted father of Abigail J. and Quinn M. Danick of Quincy. He was the brother of Michael Danick and his wife Justina of Hanover, Mary K. Cross and her husband Keith, Patrick Stedman, Martha Goodrich and her husband Erik, all of Quincy, and Bernie Stedman and his wife Ashley of Braintree, and is survived by many nieces, nephews, aunts and uncles.

Mr. Danick was a carpenter for the City of Quincy and he was also a bartender for the last 25 years at popular establishments throughout Boston. He was most recently bartending at The Bowery in Dorchester. He enjoyed movies, gardening, and hiking in the Blue Hills. He was also an avid practical joker with a fantastic sense of humor. Mr. Danick was a graduate of Sacred Heart School and then Don Bosco Technical



MATTHEW J. DANICK

School in Boston, class of 1990, where he met many of his cherished, lifelong friends. Mr. Danick was an amazing husband and father who found his greatest joys from simply being with his children and wife, relaxing in their home in Quincy.

Observing Covid-19 safety guidelines, relatives and friends are respectfully invited to attend the visiting hours on Wednesday from 4 to 8 p.m. in Keohane Funeral Home, 785 Hancock St., Quincy.

Services Thursday from the funeral home at 11 a.m. with a funeral Mass at Divine Mercy Parish in Sacred Heart Church, Quincy, at noon.

Interment at Pine Hill Cemetery, Quincy.

Paul F. Gerrior, 86

A funeral service for Paul F. Gerrior, age 86, of Holbrook, formerly of Quincy, was held Aug. 29 in Cartwright Funeral Home, Holbrook.

Mr. Gerrior died peacefully Aug. 26 after a courageous battle with cancer, surrounded by his loving family.

Born in and raised in Quincy, he graduated from Quincy High School. Mr. Gerrior later enlisted in the United States Marine Corps, proudly serving his country during the Korean War. For many years he worked as a machine operator for Proctor and Gamble for over 40 years.

Mr. Gerrior had many passions including gardening and working in his yard, working on his cars and woodworking, however, spending time with family around the pool is what brought him the most joy. A devoted husband, father,

brother, grandfather, great grandfather and friend, Mr. Gerrior will be greatly missed by all who were blessed to have known him.

He was the husband of the late Frances M. (Allsopp) Gerrior. Loving father of Mary H. Demakis and her husband John of Holbrook, Ann F. Shdeed and her husband John of Holbrook, Jean M. Doherty and her husband Gerry of Plymouth, Paul F. Gerrior, Jr. and his wife Cindy of Brockton and the late Raymond F. Gerrior. Devoted brother of Dorothy Eagles of Braintree and the late Arlene McCormack and Raymond Gerrior. Also survived by 11 grandchildren and 9 great-grandchildren.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Dana-Farber Community Cancer Center, 101 Columbian St., South Weymouth, MA 02190.

Susan L. Clark, 63

Susan L. Clark, age 63, of Quincy, died suddenly Aug. 22 at home.

Born in Quincy, to the late Richard J. and Edna M. (Lloyd) Clark, she was raised and educated in Quincy. She attended Quincy High School and had lived in Quincy for most of her life.

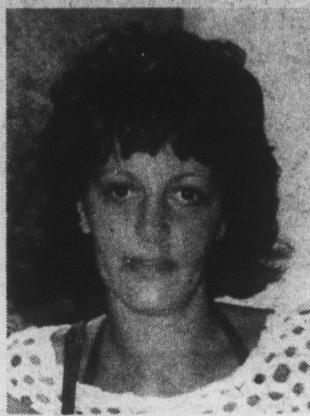
Ms. Clark worked as a seamstress at Allstate Seating in South Boston for over twenty years.

She enjoyed sewing as well as making jewelry, especially bracelets. Ms. Clark also had a green thumb.

Devoted mother of David W. Coletti, Jr. of Taunton. Loving grandmother of Tyler and Amber. Longtime companion of the late Ruben Canales. Sister of Karen E. Moody and her husband Paul of Quincy, Elaine M. DeLuca and her husband Kenneth, all of Quincy, and predeceased by Linda M. Yout and her surviving hus-

band Joseph of Mulberry, Fla., Nancy E. Clark, Brenda J. Norman and her late husband Donald, and Richard J. Clark, Jr. She is also survived by many nieces and nephews. Former wife of the late David W. Coletti.

In light of current events, funeral services were private. Memorial services will be celebrated at a later date. Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.



SUSAN L. CLARK

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Nicola 'Nick' Russo, 85

Nicola "Nick" Russo, age 85, a longtime Quincy resident, died peacefully Aug. 29 South Shore Hospital in Weymouth, surrounded by his loving family.

He was born in Gualtieri Sicaminò, Sicily, to the late Angelo and Giovanna (Rizzo) Russo. Raised and educated there, he immigrated to the United States in 1962 at the age of twenty-seven, settling in Quincy.

Mr. Russo was a well-known barber in Quincy. He owned and operated Nick's Barber Shop for over 40 years. He loved being a barber and his clientele spanned generations. Mr. Russo also worked as a custodian for Norfolk County for over thirty years, working in courthouses in Dedham and Quincy.

He worked hard but also knew how to enjoy life. Mr. Russo loved a good glass of red wine, challenging friends and family to various American and Italian card games, Sunday lunches with family, and cheering on the New England Patriots and Boston Red Sox every season.

Mr. Russo was a parishioner of St. John the Baptist Church in Quincy. He enjoyed traveling to his home in Sicily every year to visit cherished family and friends there and to attend the annual festival of San Nicola di Bari, the patron saint of his hometown.

Most of all, Mr. Russo loved and was devoted to his family, especially his grandchildren, proudly supporting their accomplishments all his life.



NICOLA RUSSO

Beloved husband for sixty-one years of Carmela (Schepis) Russo. Devoted father of Giovanna Russo of Quincy, Angelo Russo and his wife Michelle of Braintree, and Lina Russo of Quincy. Loving grandfather of Natalie Russo and Nicholas Russo, both of Braintree. Dear brother of the late Caterina Russo. He is survived by many nieces, nephews, in-laws, cousins, and dear friends.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Wednesday from 4 to 6 p.m. Relatives and friends are invited to attend.

A funeral Mass will be celebrated in St. John the Baptist Church, Quincy, on Thursday at 10 a.m.

Entombment to follow at Blue Hill Cemetery, Braintree.

Services are operating in accordance with current guidelines.

Memorial donations may be made to Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301 or to the charity of your choice.

Jane A. Pettinelli, 87

A funeral Mass for Jane A. "Jean" (Sugrue) Pettinelli, age 87, a longtime resident of Quincy, was celebrated privately at St. Joseph's Church, Quincy.

Mrs. Pettinelli died Aug. 26, after a long battle with Alzheimer's disease, at Alliance HealthCare Center at Braintree.

Born in Boston, to the late Daniel and Hannah (Sullivan) Sugrue, she was raised and educated there. She had lived in Quincy for over sixty years.

Mrs. Pettinelli was employed as a teacher's aide in the Quincy Public Schools for twenty-five years.

She was a longtime parishioner of St. John the Baptist Church in Quincy. Mrs. Pettinelli's passion was for her family. She was devoted to her late husband, children, grandchildren, and great-grandchildren, actively supporting their activities and accomplishments. Her home was always welcoming and she loved hosting family and friends for gatherings at her pool. Mrs. Pettinelli was a very kind, giving person.

Beloved wife of the late Robert A. Pettinelli, Quincy Fire Department, Retired. Devoted mother of Marie G. Lumaghini of Quincy, Robert A. Pettinelli, Jr., Quincy Fire Department,



JANE A. PETTINELLI

Retired of Weymouth, Ronald A. Pettinelli and his wife Diane of Quincy, Richard A. Pettinelli and his wife Deanne of Kingston. Loving grandmother of Lauren Bolton, Rene Lumaghini, Corey Lumaghini, and Michaela Pettinelli. Cherished great-grandmother of Reese Winter, Nolan Bolton, Ethan Bolton, and Calum Lumaghini.

One of seven siblings, Mrs. Pettinelli was the sister of Teresa Brennan of Stoughton. She is also survived by many nieces and nephews.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the Quincy Public Schools, 34 Coddington St., Quincy, MA 02169.

Arlene A. 'Martha' Siefcak, 86

A funeral Mass for Arlene A. "Martha" (Duffy) Siefcak, age 86, of Quincy was celebrated Tuesday in St. Joseph Church, Quincy.

Mrs. Siefcak died Aug. 29.

The loving wife of the late Vincent S. Siefcak, she was the devoted mother of Sabrina A. Siefcak of Quincy and Sharon T. Siefcak of Braintree. She is survived by her sisters Audrey M. Smith and her husband Richard of Quincy and Karen J. Aruda of Quincy, her nephew David Smith of CA and niece Susan Murphy and her hus-

band Tim of Hanson. She was the aunt of the late Sean Aruda.

It is with the deepest gratitude that the Siefcak family would like to acknowledge the compassion of the staff at Seasons Hospice in Milton.

Memorial donations may be made to St. Jude's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Mary Hernon, 100

A funeral Mass for Mary Hernon, age 100, of South Weymouth, formerly Quincy, was celebrated Tuesday at Divine Mercy Parish in Sacred Heart Church, Quincy.

Ms. Hernon died peacefully at home on Aug. 28.

Born in Inishmore, Aran Islands, County Galway, Ireland, she was a daughter of the late Michael T. Hernon and Catherine (Derrane).

She was the sister of the late Margaret Quirk, Coleman Hernon, Michael Hernon, and Agnes O'Connor.

She is survived by many loving nieces, nephews, grand nieces, and grand nephews here in the United States and in Ireland.

Ms. Hernon was a private duty nurse. She enjoyed spending time with family and friends, and cherished her nieces and nephews as though they were her own children.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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Marion Callinan, 86

Marion Callinan, in Quincy, originally from Savin Hill, died peacefully Aug. 26 surrounded by loved ones. She was 86 years old.

She was the loving mother of Christopher Callinan and his wife Pamela of Quincy. Daughter of the late Henry and Florence (Raithel) Barry. Dear sister of the late John, Harold "Hap" and Arthur "Art" Barry.

Ms. Callinan was a determined, funny, hardworking woman and had a great passion and love for figure skating.



MARION CALLINAN

ing. She very much enjoyed spending time with her pet, Spot, and chatting with her oldest and dearest friends.

She will best be remembered

by all who knew her as a proud mother, a loyal friend and a loving aunt to all her many nieces and nephews, great nieces and great nephews, and grand nieces and grand nephews.

A funeral Mass will be celebrated Friday at 10 a.m. in Divine Mercy Parish in St. Ann's Church, Quincy.

Interment at St. Joseph's Cemetery.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Despite COVID, Many Traveling For Labor Day Weekend, Fall

Labor Day weekend marks the unofficial end of the summer travel season, and a number of local Chamber of Commerce heads say they're looking forward to a reasonably strong Labor Day weekend and an active fall—especially with a sunny Labor Day weekend weather forecast.

Wendy Northcross, CEO of the Cape Cod Chamber of Commerce, says while fall business group sales are a "big loss," Cape reservations are "showing a strong first two weeks of September with leisure travel," including robust weekend bookings after mid-September. Adds Ms. Northcross, "I believe the schedule many schools have adopted will spur some travel that might not have occurred otherwise."

In western Massachusetts, Jonathan Butler, CEO of 1Berkshire, says "We're always optimistic that the fall season will yield some continued activity due to the foliage. Restaurants in some cases are doing very well, having pivoted to outdoor seating...the weather will be key to this continued momentum." And Roy Nascimento, president/CEO

of the North Central Massachusetts Chamber, reports "strong interest in campgrounds and outdoor activities. Attractions are implementing new offerings like 'open air' packages that... allow visitors the pre-pay option, adding picnic areas, tents, outside seating and other things that all visitors to stay socially distant while still enjoying the experience."

A small, informal social media AAA Northeast member survey reveals that, not surprisingly, most of those on the move will head by car to a destination close to home. Exactly half of those queried plan to take a trip for Labor Day weekend, with 90 percent of them getting behind the wheel. Fifty-five percent of respondents say they plan to stay in state, and most expect to travel 100 miles or less. More than 40 percent of those surveyed list the beach as their top travel pick—with Cape Cod the favored spot—followed by visits to family and friends, mountain destinations, and camping. "Seventy percent told us they would not stay in a hotel, perhaps indicating that day trips will be popular

as travelers limit exposure to unfamiliar destinations while seeking a change of scenery," says Mary Maguire, director of Public and Legislative Affairs. To find out more about state orders and travel restrictions related to COVID-19, visit www.AAA.com/COVID-Map and www.AAA.com/SmartDepart web sites.

With virtually all of us focused on "staying safe," don't forget to also practice safe behavior behind the wheel this Labor Day weekend. AAA Foundation for Traffic Safety research shows that crashes increase on busy holiday weekends. Last year, Labor Day weekend logged 1286 crashes in MA, with a motorist injured every 16 minutes. AAA urges all motorists to buckle up, and to not drive drunk, drugged drowsy or distracted.

Road users may find they have less company as they head out for a Labor Day trip. As of mid-August, MassDOT statistics show Cape traffic is down 5-15% over last year, Berkshires traffic is 15-30% reduced, and Boston traffic has dropped by 30-50 percent.

CVS Health Enhances Prescription Drug Security, Disposal In MA

As part of an ongoing commitment to helping build healthier and safer communities, CVS Health announces the expansion of two initiatives aimed at reducing the potential for misuse and diversion of prescription medications in Massachusetts.

CVS Pharmacy, the retail division of CVS Health, completed the installation of time delay safe technology in all its 446 Massachusetts locations, including those in Target stores. The safes are anticipated to help prevent pharmacy robberies and the resulting diversion of controlled substance medications, including opioid medications such as oxycodone and hydrocodone—by electronically delaying the time it takes for pharmacy employees to open the safe. In addition, the safes are anticipated to help CVS Pharmacy ensure the safety and well-being of its customers and employees.

Further enhancing the company's efforts to help prevent opioid diversion and misuse, CVS Pharmacy also announced the addition of 50 new safe medication disposal units placed in select stores throughout Massachusetts. The new units join another 106 secure disposal kiosks previously installed in CVS Pharmacy locations in the state and another 43 units previously donated to Massachusetts law enforcement agencies. CVS Pharmacy plans to install an additional 6 units in stores by year-end.

"While our nation and our company focus on COVID-19 treatment, testing and other measures to prevent community transmission of the virus, the misuse of prescription drugs remains an ongoing challenge in Massachusetts and elsewhere that warrants our continued attention," said John Hering, Region Director for CVS Health. "These steps to reduce the theft and diversion of opioid medications bring added security to our stores and more disposal options for our communities."

"We commend CVS Health for its continued commitment to address the opioid crisis and welcome the expansion of safe and convenient medication disposal in our communities," said Health and Human Services Secretary Marylou Sudders. "We are proud of the progress made in combatting addiction and reducing the rate of opioid related deaths in Massachusetts, and we know this work is as essential as ever especially as we navigate an unprecedented pandemic. We value the strategic alignment and ongoing investment from partners like CVS Health in our collective, continued fight against opioid addiction."

CVS Health first implemented time delay safe technology in 2015 in CVS Pharmacy locations across Indianapolis, a city experiencing a high volume of pharmacy robberies at the time. The company saw a 70 percent decline in pharmacy robberies among the Indianapolis stores where time delay safes had been installed.

Since then, the company has introduced time delay safes in 4,760 CVS Pharmacy stores across 15 states and the District of Columbia, resulting in a 50 percent decline in robberies at CVS pharmacies in those local communities.

The time delay function cannot be overridden and is designed to serve as a deterrent to would-be pharmacy robbers whose goal is to enter and exit their robbery targets as quickly as possible. All CVS Pharmacy locations in Massachusetts with time delay safes display visible signage warning that time delay safes are in use to prevent on-demand access to controlled substance narcotics.

The expansion of CVS Pharmacy's safe medication disposal program in 50 Massachusetts stores continues the company's commitment to providing increased year-round access to safer, easier and more convenient options for removing unneeded

ed prescription drugs from the home.

"When patients leave unused medications—especially opioids—in a medicine cabinet, there is a risk they might be misused, diverted or come in contact with unsupervised children, other family members or guests in the home," said Tom Davis, Vice President of Pharmacy Professional Services at CVS Health. "It is critical that medications are taken only as prescribed, and we believe safe medication disposal is an important way to help prevent misuse."

In 2020, the company is adding an additional 1,000 in-store safe medication disposal units to the 2,500 units currently in CVS Pharmacy locations nationwide. Over the past several years, the company has also donated over 1,000 units to local law enforcement. Together, these existing medication disposal units have collected more than 1.8 million pounds of unwanted medications, including over 90,000 pounds in Massachusetts, that might otherwise have been diverted, misused or ended up in the water supply.

Located in the pharmacy area of the CVS store and similar in design to a postal box, the safe medication disposal units allow customers to drop off unused prescriptions in a container or in sealed plastic bags if liquids or multiple medications are included.

Additionally, CVS Pharmacy locations that do not offer a safe medication disposal kiosk offer DisposeRx® packets at no cost to patients filling an opioid prescription for the first time. According to the manufacturer, when warm water and the DisposeRx powder are added to a container, the combination breaks down medications—including powders, pills, capsules, tablets, liquids or patches—to a non-divertible biodegradable gel, allowing for safe disposal in the trash at home.



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LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO20P1435EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Edward A. Mack

Also Known As:

Edward A. Maciejewski;

Edward A. Mack, Sr.

Date of Death:

April 9, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Edward A. Mack, Jr. of Hanover, MA a Will has been admitted to informal probate.

Edward A. Mack, Jr. of Hanover, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

9/3/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-42

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 29, 2020 @ 5:30 P.M. to consider the application of **RICHARD SOOHOO** for a **VARIANCE/SPECIAL PERMIT/FLOOD PLAIN** to re-subdivide three lots into two building lots, maintain the existing structure and construct a single family home on the vacant lot in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 8.1.9 (special permit flood plain) on the premises numbered **168 FURNACE BROOK PARKWAY, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board Meeting

Time: Sep. 29, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Meeting ID: 947 3801 3970

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 947 3801 3970

Passcode: 376788

Find your local number: <https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincvma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/3/20, 9/10/20

VETERANS POST

by Freddy Groves

VA Boosts COVID Aid

The Department of Veterans Affairs has taken two important steps to help veterans during the COVID pandemic: financial and housing for the homeless.

Debt Relief: The VA is extending financial debt relief through the end of the year. That's going to be a big help to many of us who are struggling. If you are making payments, repayment is going to be more flexible. One step is that the VA is suspending the collection action or extending payment terms on existing debts.

If you have benefit debts, call the VA Debt Management Center at 1-800-827-0648 and ask for help.

If you have health care debts, call the Health Resource Center at 1-866-400-1238. To learn more, go online to www.pay.gov and click on the Coronavirus (COVID-19) alert.

Emergency Housing:

The VA is kicking in an additional \$400 million of COVID relief funding to expand its response to veterans who are either already homeless or about to become homeless. The Coronavirus Aid, Relief and Economic Security Act (CARES Act) gave \$17.2 billion to the VA,

which initially allotted \$700 million to homelessness.

The additional \$400 million will go a long way to preventing veteran homelessness and providing emergency housing as part of the Supportive Services for Veteran Families Program. The idea, of course, is to provide housing that will allow physical safety and social distancing.

In addition, the VA is providing \$88 million for the Grant and Per Diem Program and \$10 for the Health Care for Homeless Veterans Program. The GPD Program utilizes eligible civilian organization to provide transitional housing for those who are already homeless or who are in danger of it.

If you and your family need permanent housing, go online to www.va.gov/homeless/hud-vash.asp. This HUD/VA collaboration provides rental assistance vouchers if you're eligible for VA health care. Included can be case managers for health care, mental health and substance-use counseling. This is one of VA's largest programs for homelessness.

The VA isn't perfect, but it's trying. Use its services because you earned them.

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NOTICE OF PUBLIC HEARING

Case ZBA 20-44

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 29, 2020 @ 5:30 P.M. to consider the application of **RONALD SHUM** for a **VARIANCE/FINDING** to expand the existing footprint and construct a second floor addition in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements) on the premises numbered **9 MOON ISLAND ROAD, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board Meeting

Time: Sep. 29, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Meeting ID: 947 3801 3970

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 947 3801 3970

Passcode: 376788

Find your local number: <https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincvma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/3/20, 9/10/20

Future Generations Are Counting On You

The designation "senior" covers a long stretch of ages, some of us much older or younger than others. It's the older ones who perhaps have the biggest lesson to learn ... that time does not stretch forward indefinitely.

I learned that lesson today when I received word that one of my oldest relatives had passed away. His name was Henry, and I never met him. I hooked up with him and his lovely wife many years ago when I started my genealogy hunt. We came together like family, which we were, Christmas cards, newsy letters, new genealogy tidbits, just as though we'd always known each other.

I would visit someday, I always told myself, not only Henry and his wife, but all my other newly found relatives in their area. Time and physical distance can't change DNA, and I suspect that should I walk through their small town, I would be easily identified as one of them. All the questions I had, I told myself, could wait until I visited.

I waited too long.

We owe it to the family generations that come after us to leave them as much information as possible.

But where do we start? We start with the family members that are ahead of us in age. We ask questions, we take notes, we write things down. Depending how "senior" we are, we might have parents still living, or if we're younger and have lucky DNA, we might even have a grandparent or two.

Type up your information, save the file and print it out. Make copies and hand them out to as many of your relatives as you can.

SENIOR NEWS LINE

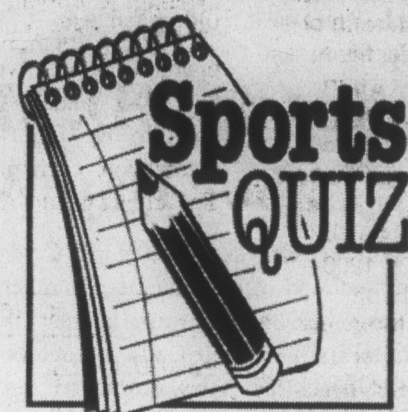
by Matilda Charles

You might look at the generations after you and think they won't be interested in their ancestry. You'll probably be wrong. One of them, maybe years from

now, will start to wonder ... and your information will be there.

Don't wait.

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by Ryan A. Berenz

1. What right-handed submarine-style relief pitcher for the Kansas City Royals led the AL in saves in 1980 and 1982-85?

2. Luc Richard Mbah a Moute, former UCLA Bruins basketball star and 2008 NBA Draft pick of the Milwaukee Bucks, hails from what African nation?

3. Name the Arizona Cardinals head coach who ranted "[The Bears] are who we thought they were! And we let 'em off the hook!" in a 2006 postgame press conference after his team's late collapse vs. the Chicago Bears on "Monday Night Football."

4. Stomper, an elephant, is the official mascot of what Major League Baseball team?

5. Through the 2016 Rio de Janeiro Summer Olympics, China dominated the table tennis event with 28

total gold medals won. What country ranks a distant second with three gold medals?

6. What Swiss tennis star won the Australian Open, Wimbledon and US Open women's singles titles in 1997 at age 16?

7. What quarterback did the New York Giants' Michael Strahan tackle on the final game of the 2001 NFL regular season to break Mark Gastineau's single-season sack record?

Answers

1. Dan Quisenberry
2. Cameroon
3. Dennis Green
4. The Oakland A's
5. South Korea
6. Martina Hingis
7. Brett Favre, Green Bay Packers

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NOTICE OF PUBLIC HEARING

Case ZBA 20-50

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 29, 2020 @ 5:30 P.M. to consider the application of **LAURIE HEMINGWAY** for a **VARIANCE** to construct the addition of an awning and arbor on the front of the house and deck with a new side entrance in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered **44 ROCK ISLAND ROAD, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board Meeting

Time: Sep. 29, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Meeting ID: 947 3801 3970

Passcode: Quincy

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Meeting ID: 947 3801 3970

Passcode: 376788

Find your local number: <https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincvma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/3/20, 9/10/20

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Zoning Board Rejects Proposed Clinic

By SCOTT JACKSON

Citing concerns over traffic and parking, the Zoning Board of Appeals denied a proposal to open a clinic on Washington Street that would offer medication-assisted treatment to patients

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. NO20P1930EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Janice E. Neubauer

Date of Death:

May 19, 2020

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Jennifer Lee Neubauer Amendolare of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Jennifer Lee Neubauer Amendolare of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/30/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 24, 2020

PATRICK W. McDERMOTT
Register of Probate
9/3/20

with substance-use disorders.

Board members voted 5-0 against Habit OPCO's request to operate the clinic at 165 Washington St. during their meeting on Aug. 25, which was held remotely via Zoom.

The board had previously held a public hearing on the proposal during its July 14 meeting. During that meeting, Carolyn Murray, an attorney for the clinic's operator, said between 125 and 150 patients would come to the clinic for their medication each morning. The clinic would also provide

vide counselling to patients throughout the day.

Murray said the building, formerly home to a dentist's office, contained 5,000 square feet of space, which would require 18 parking spaces under the city's zoning code, but the dentist had operated with fewer than that. Habit OPCO's proposal included nine parking spaces in a rear lot and an additional three spaces that could be created in front by paving over part of the lawn.

During the July meeting, three city councillors who represent neighborhoods near the site — David McCar-

thy, Brad Croall and Charles Phelan Jr. — expressed concern over the amount of traffic that would be coming to the building and the number of parking spaces available. Four residents also raised concerns about parking and traffic at that time, as did the attorney for the owner of the apartment building at 177 Washington St., which shares a driveway with 165 Washington St. In addition, there was concern that at least two of the parking spots proposed in the rear of the building would be located in an easement shared by the two adjacent buildings.

After reviewing the applicant's traffic plan and

the response from the city's traffic engineer, board members on Aug. 25 said they felt the clinic would not be the right fit for the site given the parking and traffic situation.

Martin Aikens, the board's chairman, said he understood how important it is to have a clinic like Habit OPCO operating in Quincy, but there would not be enough parking.

"I don't feel it is practical at that site because of the parking and the traffic," Aikens said. "It is too much too early in the morning."

"I don't see how it could work with the parking situation and the traffic

situation," added Michael Covais, the board's vice chairman.

Board member Charles O'Brien credited Habit OPCO for its present operation on Broad Street, saying the current setup is safe and clean. He also noted Habit OPCO had proposed several mitigation measures for the new site, including giving MBTA passes to clients and shuttling them in from an alternative location, but said those solutions would not go far enough.

Board member Brian Radell said he was concerned about the clinic sharing a driveway with the apartment building next door.

"That shared driveway presents a challenge for me, so I will be voting no," Radell said.

This is the second time the zoning board has rejected Habit OPCO's proposal to open a clinic in a new location.

The organization, which currently dispenses medication to patients each morning from a van on Broad Street, had sought permission in February 2019 to move into 39 Broad St., where it would both dispense medication and provide counseling. The ZBA rejected it at that time.

Habit OPCO subsequently appealed that ZBA decision in Superior Court. As a result of the appeal, the matter was remanded back to the zoning board in October, and the board subsequently approved the application.

Earlier this year, however, the City Council approved Mayor Thomas Koch's request to take the building at 39 Broad St. by eminent domain as part of his proposal to build a new public safety headquarters in the vicinity of Quincy police headquarters. The current plan is for Father Bill's Place, presently located at 38 Broad St., to move to 39 Broad St.

As part of the eminent domain process, the city hired a consultant to find new homes for those businesses that would be relocated. Murray, the attorney representing Habit OPCO, said the consultant is the one who identified 165 Washington St. as a suitable location.

NOTICE OF PUBLIC HEARING

Case ZBA 20-48

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 29, 2020 @ 5:30 P.M. to consider the application of YING ZHENG & LIN WEI for a VARIANCE to legalize the two separate lots to keep existing single family home at 26 Ferndale Road and construct a single family home on the vacant parcel in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements) on the premises numbered 26 FERNDAL ROAD, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board Meeting

Time: Sep. 29, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Meeting ID: 947 3801 3970

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 947 3801 3970

Passcode: 376788

Find your local number: <https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/3/20, 9/10/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-49

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 29, 2020 @ 5:30 P.M. to consider the application of THEODORE WALSH for a SPECIAL PERMIT/FLOOD PLAIN/FINDING to construct an addition within the 100-year flood plain in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements), Chapter 8.1 (flood plain), and Chapter 9.4 (special permit) on the premises numbered 45 WINTHROP STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board Meeting

Time: Sep. 29, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Meeting ID: 947 3801 3970

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 947 3801 3970

Passcode: 376788

Find your local number: <https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/3/20, 9/10/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-53

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 29, 2020 @ 5:30 P.M. to consider the application of ENG AI BUN for a VARIANCE to construct a new single family dwelling on the lot in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 224 PRESIDENTS LANE, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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9/3/20, 9/10/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-54

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, September 29, 2020 @ 5:30 P.M. to consider the application of PALMIERO & ALEXIS FEDERICO for a VARIANCE to erect a side yard porch, a portion of which is open and a portion of which is roofed in violation of Title 17 as amended Chapter 4.3.5 (front yard requirements) and Chapter 4.3.6.1 (residence a district) on the premises numbered 39 RICHFIELD STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board Meeting

Time: Sep. 29, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Meeting ID: 947 3801 3970

Passcode: Quincy

Dial by your location

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Meeting ID: 947 3801 3970

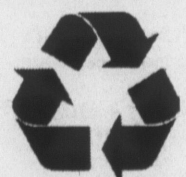
Passcode: 376788

Find your local number: <https://zoom.us/j/94738013970?pwd=TVdnRFA2bkZ5M0hCcStvamxKRTBmUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

9/3/20, 9/10/20

PLEASE
RECYCLE



THIS
NEWSPAPER

Over 100 Urge City Declare Racism Public Health Crisis

By VICKI SCHOW

On Sunday, Aug. 30th, more than 100 people marched from Faxon Field to the steps of the Church of the Presidents next to City Hall, calling on Mayor Koch and Health Commissioner Jones to make racism a public health crisis in Quincy.

With chants of "We don't want a racist town, take those black and blue flags down!" and "Black lives matter," the crowd gathered following another prominent national example of police brutality in Kenosha, WI in the shooting of Jacob Blake.

Mat Thomas, a pastor at Bethel Church of the Nazarene in Germantown opened with, "We are here to demand that the City of Quincy acknowledge that racism exists in this city and that Mayor Koch and Commissioner Jones declare racism a public health crisis in Quincy and use this declaration to create policies that bring about change."

Frustrated with the lack of responsiveness to community requests to take seriously racial inequity,

Sue Doherty, a community organizer with Quincy for Transformative Change, said, "The mayor of Quincy and city officials have yet to say anything publicly regarding these murders, or about police violence, lack of police accountability, or racism. On the contrary, we have seen a stubborn unwillingness to examine these issues in the city, and a fierce denial that these problems even exist."

Urging those in power not only to look at indisputable and well documented health disparities for people of color, Tiffany Adams of Quincy4Justice and Quincy for Transformative Change asserted, "There has been no consideration to the amount of racial trauma that is occurring to the Black and brown individuals in Quincy."

"Who has the privilege to decide what's a 'real problem?' If you have that privilege, what are you going to do with it?" asked Lindsay Laguna, a Quincy resident, as she called on city officials to taking meaningful action to make sure our city is not the next hashtag.



MORE THAN 100 people rallied in Quincy Center Sunday urging the City of Quincy to declare racism a public health crisis in Quincy. They marched from Faxon Field to the steps of United First Parish Church, "Church of the Presidents," across from the James R. McIntyre Government Center (old City Hall.)

Courtesy Photos



Want to pick up a copy of The Quincy Sun?

Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	DAILY MART 291 Quincy Ave.	COPELAND LIQUORS 273 Copeland St.	MULLANEY'S VARIETY 205 W. Squantum St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	ROCHE BROTHERS The Falls	7-11 Copeland St.	STOP & SHOP 65 Newport Ave.
HANCOCK MARKET 5 Cottage Ave.	WALGREENS 418 Quincy Ave.	JOE'S PLACE 260 Centre St.	7-11 363 Hancock St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	ARTERY GROCERY 1000 Southern Artery	CORNER FOOD MARKET 1060 Hancock St.	WALGREENS 324 Hancock St.
STAR MARKET 130 Granite St.	7-11 495 Washington St.	200 FOOD MART 200 Sea St.	SAM'S VARIETY 125 Billings Rd.
WALGREENS 132 Granite St.	DAIRY FARM 330 Washington St.	ADAMS SHORE SUPERMARKET 494 Sea St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
HANCOCK PARK LOBBY SHOP 164 Parkway	7-11 230 Washington St.	PALMER STREET MARKET 231 Palmer St.	5 CORNER FOOD MART 163 Newbury Ave.
FRANKLIN ST. BP 60 Franklin St.	STOP & SHOP Southern Artery	BERNIE'S GENERAL STORE 1147 Sea St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
7-11 78 Franklin St.	CVS Southern Artery	WEST ELM VARIETY 139 W. Elm Ave.	CARMINE'S CAFE 69 Huckins Ave.
SHOP N SAVE LIQUORS 20 Independence Ave.	WALGREENS 550 Adams St.	7-11 721 Hancock St.	7-11 751 E. Squantum St.
ADAMS VARIETY 22 Independence Ave.	7-11 678 Adams St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.	LUCKY SHAMROCK 265 Beale St.
DONUT + DONUTS + MUFFINS 33 Scammell St.	VILLAGE COMM. MARKET 100 Willard St.	CVS 42 Beale St.	ANDRE'S STORE 20 Brook St.
PRESIDENTIAL LIQUORS 25 Scammell St.	GRANITE MART 308 Willard St.	COFFEE BREAK CAFE 12 Old Colony Ave.	EVEREST MARKET 121 Standish Ave.
		SUPREME LIQUORS 615 Hancock St.	QUINCY MARKET 33 Washington St.



FLAG POLE with the American flag and nautical flags bearing nautical symbols that spell out "Marina Bay" welcomes visitors to Marina Bay. This photo was taken Monday morning by Dan Totten.

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Save Gas & Money, Shop Locally	WANTED 35 Pound Marine CQR Boat Anchor CALL Ed AT 617-851-0612	Thank You St. Jude for prayers answered. M.D.	WELCOME WYLAN HAYES CHENEY <i>We Love You!</i> Love, The Fab Five: Olivia, Kendy, Alexis, Semeria, Michaela, and Nana xo	NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.	

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Please join us in
one minute of silence
wherever you happen
to be this Sept. 11th,
from 9:59 A.M. to
10:00 A.M. Thank you
for all of your support
over the years.

*We should never forget the sacrifices
made on this day 19 years ago.*

QUINCY FIRE DEPARTMENT

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